



ANNUAL REPORT 2022-23

The Sacred Heart CMI Public School News Letter - Published by the Principal

Sacred Heart CMI Public School strives for a holistic integral formation of students entrusted in their care and every activity here is planned meticulously and executed effectively in order to fulfil the vision and mission of our founding father St. Kuriakose Elias Chavara. The year 2023 is a milestone as this institution is in the vicennial.

The Heartian Family

The Heartian Family has grown in leaps and bounds to encompass 2103 students taken care of by 110 teaching staff and 48 non-teaching staff, with warmth, dedication, efficiency and sincerity as the common factors among them.

SSE & SSCE Result - 2022

In the SSE held in April-May 2022, 146 students appeared and 5 students secured full AI while in the SSCE, 124 students appeared with 16 students securing full AI.

Blessing of the New Wing

On 4th June, 2022 Rev. Fr. Benny Nalkara CMI, Provincial of the Sacred Heart CMI Province blessed the new wing. Rev. Fr. Paulose Kidangen, the Manager of Sacred Heart Institution was also present. This was followed by the Induction Ceremony of the newly appointed teachers with the Teacher's Oath rendered by the Manager. A farewell Ceremony for the retiring teaching and non-teaching staff was also a part of the programme.



Reopening

On June 8, classes commenced for Std 1,2,3,4,9,10,12 while classes for std 5,6,7 & 8 commenced only on June 15 as their classrooms were board exam venues. Classes for std 11 commenced on June 22 after an online meeting with the parents and students on the previous night at 9 p.m.

Festivals and Celebrations

Independence Day



The 75th Independence Day was celebrated with patriotic fervour and zeal. The principal unfurled the tricolour which was followed by the national anthem and the salute. This entailed a short celebration with mass drill, which included aerobics, skating and exercising. He also spoke a few words in which he urged students and staff to realize, understand and cherish our coveted freedom and work towards a progressive nation and also extended warm greetings on the occasion. SOF Olympiad winners were awarded medals and certificates by the principal. Tiny tots of class I and II took part in fancy dress on freedom fighters, patriotic dances, songs, and also spoke about Mother India. A patriotic song competition was also organised for classes IX to XII.

Onam Celebration

Onam was celebrated in all its splendour on September 1st. The students and teachers came in traditional attires. Flower Carpet Competition for std 6-12 and a competition to select the Malayali Manga and the Malayali Maran from Std 11 & 12 and cultural programme for the primary classes were some of the events scheduled for the day.



A Visit by the Provincial

Teachers and staff had the privilege to meet and listen to Rev. Father Benny Nalkara CMI, Provincial, Sacred Heart Province, Kochi. In his address, he reminded the staff that CMI institutions offers holistic education and aim at creating a society which respects individual dignity and nurtures harmony. He emphasised on holding to the CMI Values and CMI Vision. He also said that an educator's role is vested with numerous responsibilities. Teaching in a CMI institution demands commitment, creative thinking and patience. He stressed on working as a TEAM – an acronym that expanded into Together Everyone Achieves More. He also added that Accountability, Belongingness and Commitment (ABC) help an educator to carry out his/her duty satisfactorily.



Investiture Ceremony



The Investiture Ceremony of the Student Council, the House captains, Vice-Captains and the Class Prefects was held on 6th October at the Kindergarten Hall. The Manager, Rev Father Paulose Kidangen CMI was the Guest of Honour. The audience comprised the parents of the newly elected leaders, teachers, students of std IX, XI and XII. It was a solemn ceremony.

Children's Day

Children's Day was celebrated with immense joy and gaiety. The morning Assembly was conducted by teachers. A cultural group competition for students from standard I to 12 was the highlight of the day and it included events like Action Song, Western Group Music, Naaden Paatu and Western Music.



Christmas Celebration



Celebrations in this academic year had a mesmerizing effect and Christmas was no different. The Joy of Giving during the Thanks giving was a huge success and students were all set to celebrate Christmas in the true spirit. Competitions included carol singing, the best Xmas attire, a quiz based on Christmas, class room decoration, crib making and treasure hunt. The co-ordination of the celebration was given to Std XI under the guidance of the teachers to teach them to organize events effectively.

Sports Day

Due to the pandemic, the school conducted Annual Sports Day 2022-23 after a hiatus of two years with great enthusiasm. The event was scheduled on 21st December in the school ground and was inaugurated by the Principal. The event started with House march past led by their respective house captains. The Sports captain, Kevin Varghese delivered the Oath pledging to uphold the honor and spirit of true sportsmanship. A spectacular display of skating followed by an aerobic dance set the ball rolling. This was followed by other events such as long jump, running race, relay, tug of war etc.. The highlight of the day was the tuck shop set with various delicacies by the students of XI, the motive of which was to donate the money earned for charity. On the whole, Sports Day was conducted in a manner that the students got a chance to prove their physical strength while the tuck shop indeed showcased their commitment towards the society.



Extended Learning

Bulletin Board

Topics for the bulletin board were assigned to each std from XII to IV for each month and a competition was held among the divisions for the best display. The topics were contemporary by nature and students gained in-depth knowledge on the topics and it also enhanced their creativity. The winners were rewarded.



Cyber Safety Awareness Programme



On 22 nd September, two students of class IX, Elijah Yohann George and Ethan Naveen along with their teacher Ms. Julie George attended Kidglove-Koottu, a Cyber Safety Awareness Programme for students at the IMA Hall in Kaloore, organised by the Kerala police. The speaker of the day, Justice Shri Devan Ramachandran cautioned the audience on how technology has become a necessary evil and the problems it has caused among the youth. He urged the students to use technology carefully in their daily lives. The robotics company, Inker Robotics had displayed many robots and drones at the event and the children also listened to a talk about the future of robots and 3D printers. There were many games explaining the importance of staying safe online. They were provided with VR headsets to experience a whole new world of Virtual Reality.

Antinarcotic Campaign

On 26th October, an antinarcotic campaign was launched by the police department at the school. It was held in the school auditorium and was attended by the students of class 9-12. Dr. Shyby, a social worker and former HR head of Lakeshore Hospital and Ms. Deepa, a civil police officer who is a part of government's Janmaitri Suraksha Committee were the speakers. The event started by 10:30 am. The Principal Rev. Fr. Antony Madavanakkad initiated the session and Ms. Deepa, one of the speakers introduced the topic and gave some insightful views on the rampant use of drugs and how kids are exposed to drugs at a very young age. Dr. Shyby emphasised on setting life goals by citing examples of various eminent personalities. She said the youth of today is the future of the society and asked everyone to dream big. Dr. Shyby also mentioned that it is good for students to step out of their houses and play. She ended her talk by reiterating the motto 'SAY NO TO DRUGS, SAY YES TO LIFE!'. The students were given time to clarify their doubts.



A visit to Special School



The visit to Adarsh Special School on 27th October, as a part of school project was a new learning experience for the grade 12 Psychology students. The students were a bit nervous and apprehensive about how the children would behave and react upon having visitors. Regardless of that, some of the children were quite enthusiastic and happy about having them there. Some of them wanted to talk and play with them while the others stayed in their own corners, happy in their own solitude. The students admired the patience and care shown by the caretakers and special educators. They even helped the students with their case studies. The students got to play and talk with some of the kids and the apprehension and anxiety they had at the beginning melted away. The visit was pretty insightful and instilled an awareness in the students about how these differently abled kids deserve to be included into the mainstream of society.

Stress Management Class

On 7th November 2022, an animated class on stress management for classes 10, 11 and 12 was conducted. The resource person was Dr. Vipin V Roldant, an eminent psychologist and motivational speaker. He is a rank holder and a proven achiever and contributor in Modern Psychology. This programme had the objective to provide fresh new insights into different stress management techniques which is a highly relevant today. The class focused on the present problems and causes of anxiety among students, giving an idea on how to overcome these issues. Specifically, Dr. Vipin proffered 10 principles which have the potential to change one's lives for the better, the most striking of them being self-awareness, empathy, coping with emotions, problem solving and decision-making ability. It also evoked a thought process of what one's purpose in life should be and how to redesign one's destiny. This talk also instilled in the students an attitude of positive thinking. The need and the ways of critical and creative thinking were also emphasized. The students also formed groups and asked simple yet life changing questions to one another. This programme inspired them to work hard and achieve their dreams. It turned out to be a really interactive session which was both effective as well as enjoyable.



JOY OF GIVING

'Joy of Giving' held in the month of December 2022 was a learning experience for all the students. It is a charity programme at school conducted every year during Christmas season. Children are taught to practise the values of helping, caring and sharing



which no book can teach. It was also an opportunity to teach them how privileged and fortunate they are to be blessed and provided for. This academic year too witnessed an overwhelming response from the students and parents towards this act of social commitment. Medical items and groceries were collected according to the requirements of the charity homes that the students intended to visit. The classes which completed the contribution first got the opportunity to visit the institutions and donated the items to

the inmates. Std IX C visited Vimala Bhavan, Mattancherry run by the sisters of Missionaries of Charity. Std VIII C went to Ashwasa Bhavan, Moolamkuzhi, run by Sr. Fabiola Fabbri. Std IX E went to Caphernaum, Varapuzha, run by Sr. Juliet. The visit proved to be a fulfilling experience for each one of them. They returned to school with a heavy heart but filled with gratitude; with not only memories but valuable lessons too. They realized and admitted that they are indeed blessed to have a family to return to, a family that provides for them and loves them. They experienced the true joy of giving.

Recreation

Trip to Wonderla By Std X & XII

A day's trip to Wonderla was organized for std X & XII as a recreation and to mitigate their academic stress.



A Trip to Kodaikanal

Std XI students were taken to Kodaikanal on a three days' trip after their Annual Exam in February 2023.

First Friday Mass

Holy Mass was arranged for the students on every first Fridays according to the availability of the auditorium.



Achievements

Cultural Competitions

Spiritus

On 19th August, 2022 the Heartians brought home the Ever rolling trophy of “SPIRITUS - 2022”, an inter school competition conducted by Sri Sri Ravi Shankar Vidya Mandir, Kochi. The well prepared, enthusiastic students brought laurels for our school by winning prizes in most of the events they participated. Students won first prize in Puzzle O Puzzle, Pair Dance, Characterization, Indian Folk Dance and Acapella. They won second prize in Sequential Story, String Art, Gaming and Thillana. The competitions were a fusion of talent, imagination, creativity, alertness, spontaneity, confidence, team work and dedication.

Talenta-2022

The Heartian team brought laurels to our school by securing the First Runner-Up Trophy for ‘TALENTA’ – an inter-school competition hosted by Rajagiri St. Chavara CMI Public School, Manappuram, Cherthala, on 24 th September, 2022. An amalgamation of aptitude, artistry, dexterity, attentiveness, co-ordination, and devotion were exhibited by our dear children. They secured various prizes in all the nine events they participated showcasing their talent most graciously. We secured first prize in Dare to Wear (fashion show), Frame by Frame, Mummers (Mime). The other events for which we won various prizes include Bumble Bees (Surprise Event), Creative Cat, Fine Edge, Extempore, Debate and Handy Mandy. Jude Rivan Fernandez of II A secured I st prize in “FLAIR painting” competition held at Assisi Vidya Niketan Public School. Dia Arun of II E secured I st prize in Vistas in the event Kaleidoscope (Colouring competition) held at Rajagiri Public School, Kalamassery. Chris Layanad of XI A won the third prize in Canvas Tales, a thematic painting competition, Catharsis 2022 held in connection with a holistic health and well care Fest at Rajagiri Christu Jayanthi Public School, Kakkanad on 24th November 2022.

Sports

Basketball

The Under-15 Boys Basketball Team secured Runner-up position in the Visio Cup Inter School Basketball Tournament held at Chavara Darshan CMI Public School, Koonamavu. Jeevaj Mangalath was selected as the Best Promising Player of the tournament. The Under-11 Girls Basketball Team secured Runner-up Position in the Ernakulam District Kids Basketball Championship held at RSC, Kadavanthara. The following students were selected to the Ernakulam District Basketball team for the State Basketball Championship held in Alappuzha from 13 th to 16 th October, 2022.

1. Abhinav Kamal – Under 11 boys
2. Anay C Joby – Under 13 boys
3. Moushmi Isabel – Under 13 Girls
4. Shikha S – Under 11 Girls
5. Sheetal S - Under 11 Girls
6. Bhagyalakshmi – Under 11 Girls
7. Shivani K Biju - Under 11 Girls

The Junior Boys Basketball Team secured Runners-Up position in the Christava Mahilalayam Basketball Tournament held at Aluva.

The Sub Junior Under-12 boys secured 2 nd Runners-Up position in Basketball Tournament organised by YMCA, Kadavanthra.

Volleyball

The Under-19 Boys' Volley ball Team secured the 1 st position in the All Kerala CBSE Cluster XI Volleyball Tournament held at Bhan's Newsprint Vidyalaya, Newsprint Nagar, Vellore. They qualified for CBSE National Volleyball championship. The team members included:

Arjun K B-XI D

George Adam-XI B

Farrel Johns-XI A

Felix K S-XI A

Vismay K V-XI D

Ashwin K B-VIII B

Ramraj V R-VIII B

But unfortunately due to lack of consent from certain parents, the team was unable to participate.

Cricket

The Senior Cricket Team emerged champions for the second consecutive year in the Cricket Tournament organized by Rajagiri Christu Jayanthi Public School, Kakkanad. There were eight teams in total from different parts of the state. The Heartian team secured the first position after defeating the host school in the Finals. Eric Vipin Nanattu of XII A was conferred with the 'Man of the Final Match' Award. The team members include:

Eric Vipin Nanattu -XII A

Kevin Varghese -XII C

Nejin Sunny -XII C

Andrew Kurian Paul- XI C

Fidhaan Aameer -XI A

Shrikar R Ramachandar -XI C

Tanmay Dass -XI C

Prathyush N -XI D

Kevin Neju Paul-XI C

Mohammed Saihan- X B

Sharukh Riyas-X A

Mathew Neju Paul-IX A

A Agathyan -VI B

Aadhi Keshav -VIII C