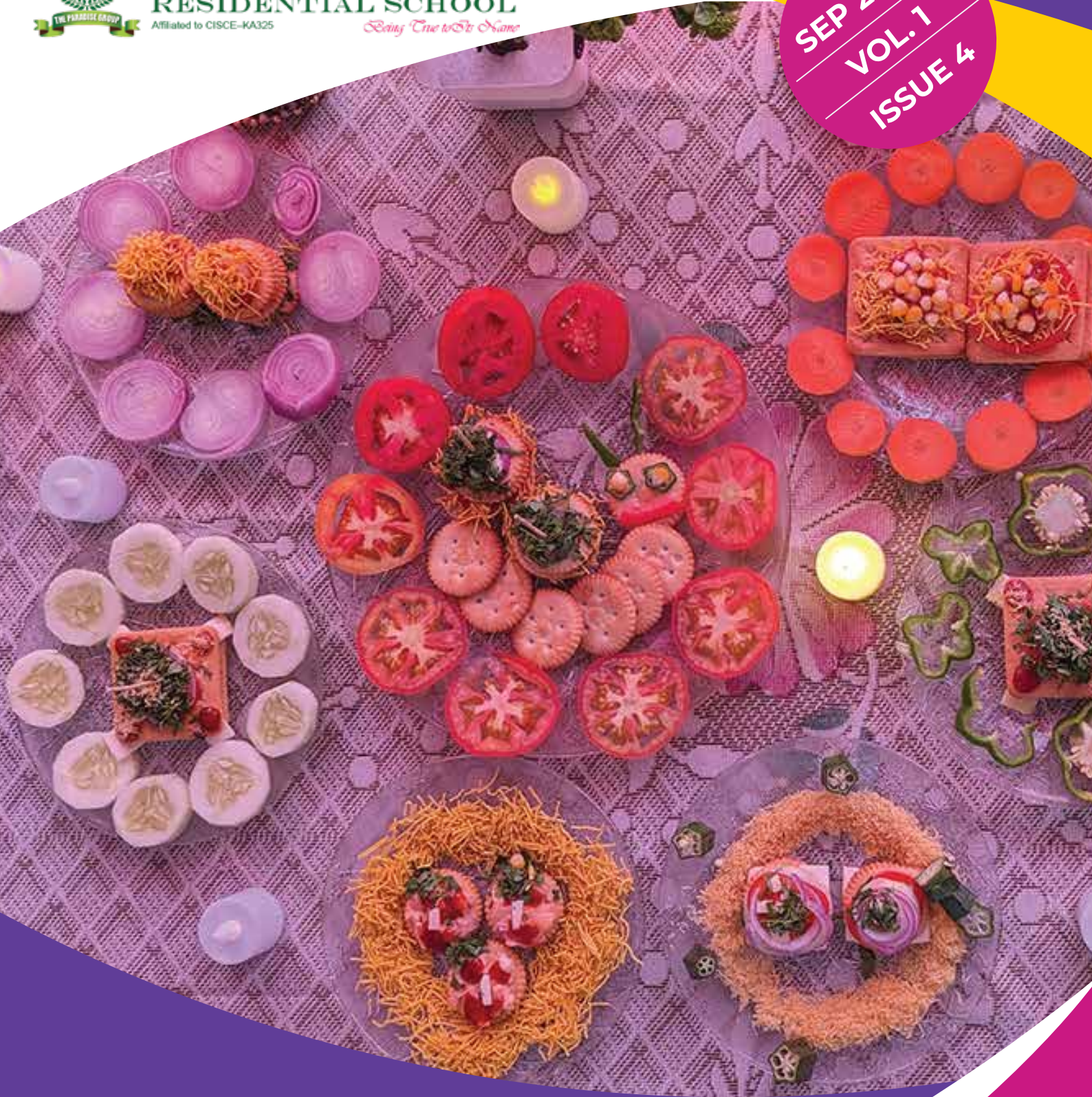




THE PARADISE
RESIDENTIAL SCHOOL
Affiliated to CISCE--KA325
Being True to Its Name

SEP 2023
VOL. 1
ISSUE 4



MY HEALTH MY HYGIENE

Taking Initiatives ...

SPARKS
in
THE PARADISE

SPARKS in THE PARADISE



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SPARKS THE PARADISE

Dear Friends,

Greetings from The Paradise Residential School.

Mahatma Gandhi stated, "It is health that is real wealth. And not pieces of gold and silver." The Paradise has been making tireless efforts to ensure that the health of our children and their family is important. We are able to organise several events to ensure that the students realise the importance of health and hygiene for themselves and for their kith and kin. Our elders have stressed on this key aspect of life, however, young as we are, we do not give the attention that it requires. Let us continue to take initiatives to remind ourselves time and again, as one of the doctors, addressing the teachers and the students during the health camp in the school, stated the WHO definition, "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

We do need to open up ourselves and embrace the three aspects of a healthy person – to be physically, mentally and socially at peace. Henry Valentine Miller, the American novelist stated, "Nine-tenths of our sickness can be prevented by right thinking plus right hygiene – nine-tenth of it." Dear students, let us keep ourselves engaged in activities, creating a comprehensive health system for ourselves, members of our family and the community we live in.

We wish our dear students all the very best for the terminal examination that is taking place in the School. Remember, only hard work pays.

The Paradise Family wishes every one of you a wonderful festive season. Special note for our students – once the examinations are completed!

Dr Isias S

Dean and Principal



KG Parents Orientation and Interaction

Parents and teachers together give children the roots to grow and the wings to fly. Collaborative efforts of the teachers and the parents are much required for the development of the child. The Paradise Residential School organised a PTM for Pre-School darlings on 2 September 2023. The programme began with an orientation on Partnership in Parenting delivered by Dr S Isias, Dean and Principal.

The same was followed by individual interaction with the teachers. The parents, who attended the programme without the spouse, wished that they were together. The Programme concluded successfully with positive feedback from the parents.

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Inter-House Sports

A healthy nation is always a wealthy nation. It is necessary to put emphasis on sports. One can think of a healthy mind only in a healthy body. Both physical and mental well being are the prerequisites of great achievements in one's life. With lots of benefits in mind, The Paradise Residential School conducted an Inter-House High School Sports on 2 September 2023. The weather was perfect and various events were executed as planned.

The children enjoyed the day very much and have truly created a wonderful memory in their minds. The hard work of both the students and the PE Teachers paid fruit with a wonderful event.

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Home Science Practical

Nothing brings people together like good food. Our Home Science students learnt essential skills like cooking, budgeting, time management, and organization as part of the curriculum. It also emphasizes nutrition and the importance of a balanced diet for healthy living. Grade X students' cooking practical was organised in two batches, first slot on 2 September 2023 and second slot on 15 September 2023. The students completely involved in cooking variety of dishes. Students were delighted serving the food to the members of the management. Home science students of Grade IX were engaged in Vegetable and Fruit Carving on 16 September 2023. Students exhibited their carving patterns with their creative ideas.

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Medical Camp

A comprehensive Health Check Up Camp was organised on 4 to 8 September 2023 in the school campus for all our students and staff by 'Address Health', a paediatric primary healthcare services, spreading awareness about Health and Hygiene in schools. We went through general health, ENT health and dental health check up. The team of doctors provided advices to provide special attention to children with conditions that require immediate attention. We are grateful to the team from Address Health.

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In Gratitude to Teachers

Our students, under the leadership of the Student Cabinet, expressed their gratitude and celebrated the Teachers' Day with much enthusiasm and gaiety on 5 September 2023. A function was held to honour the educators with colourful cultural events and games for the teachers. The joyful ambiance echoed in The Paradise Residential School with laughter, shared stories, and mutual appreciation among the teachers. A grand lunch was a part of the celebration organised by the management. The entire celebration made the teachers rejoice at our career and our journey as teachers.

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Janmashtmi Celebration

Janmashtami is celebrated with full fervour and enthusiasm to mark the birth of Lord Krishna. We at The Paradise celebrated Janmashtami on 6 September 2023. On this grand occasion activities like songs, dances and drama were held. It was truly beautiful to see the children from Primary and KG dressed as Krishna and Radha. Their innocence added joy to the whole celebration.



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Green Veggies and Fruits

The Kindergarten kids were treated with the importance of green vegetables and fruits in their regular diet. These kids brought plenty of natural things to celebrate their Salad Day on 8 September 2023. The occasion was to teach children about the health benefits of fruit – nature’s most fantastic food. Watching the little ones carrying veggies and fruits for salad-making activity was a pleasant sight. They were taught how to make different things out of what they had brought and how to serve themselves. So kids, eat veggies and fruits every day, feel better and remain strong.



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Natural Food is Healthy Food

Our Primary children of Grades IV and V were excited on 16 September 2023 to exhibit their skills in Cooking without Fire. It was a joy to move to classrooms one after another, observing the enthusiasm, ideas and skills of the students. Indeed, we are very proud of the passion to excel in every Paradian.



Hindi Diwas

Preserving and promoting languages is vital for safeguard our unique cultural identity. The day is dedicated to promote and celebrate the cultural heritage of Hindi. A special programme was organised on 14 September 2023 under the leadership of the teachers. The Paradians were actively involved in various activities to highlight the importance of spreading the usage of the Hindi language. There were several cultural events to add colour to the event. Tr. Ramappa delivered a beautiful speech on the need for the use of Hindi language by all the Paradians and how it would be useful to travel, communicate and integrate the entire nation.

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Welcoming Ganesha

The children of Primary and the kids of Kindergarten celebrated Ganesh Chaturthi commemorating the birth of Lord Ganesha. The festival is marked with the installation of Ganesha's clay idols privately in homes and publicly on elaborate pandals. The children were excited in Idol making activity on 15 September 2023 where every student enthusiastically participated. The various designs really attracted every one, who witnessed the artistic crafting by the young children.

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Terminal Examination

Our young Paradians are facing the Terminal Examination, trying to prove their academic abilities in the middle of the academic year. Our teachers have been successful in creating the awareness on the significance of academic activities like tests and examination for the mental growth of every child. There has been little disruption in the start of the examination; it has commenced for the High School on 30 September 2023, instead of the previous day. The Primary children will begin their examination on 4 October 2023. We wish all the students the very best.



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**We have entered into the autumn season.
The autumn months are famous for the harvest season.
The Paradise Family hopes that all blessings
are showered upon every one of you and
that you may harvest the best of gifts in your life
and enjoy the gifts of life.**

THE PARADISE RESIDENTIAL SCHOOL

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Being True to Its Name

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