



CLUNY SCINTILLA

2018-2019

October 2018

SCINTILLA - IX

“If you fear the Lord, honour and pride will be yours; you will be crowned with happiness and joy.” Sirach 1: 11

Dear Parents,

We are coming to the close of the first term. Let us thank the Lord for His protection and guidance in completing it successfully. It is a joy to see our kids advancing in wisdom and knowledge. Thank you dear parents, for your co-operation and interest, in our effort to give our children a holistic education.

Pope Francis says: “You will find that to be happy is not to have a perfect life. But use the tears to irrigate tolerance. Use your losses to train patience. Use your mistakes to sculpt serenity. Use pain to plaster pleasure. Use obstacles to open windows of intelligence. Never give up. Never give up on people who love you. Never give up on happiness, for life is an incredible show.” So let us strive for real happiness, teach our children tolerance, patience, serenity in adversity and genuine love. Recently a teacher from a middle school gave an assignment to Grade III students to write about “My Wish”. As the teacher went through the assignment she read My Parents love their Smart Phones very much, care about it but forget to care about me; when my father comes home, he has time for it but not for me. When my parents do some work and their phones ring, they answer it right away, but they don’t answer me, they play on their phones, but not with me; when they talk on phones, they never listen to me. So my wish is to be a “Smart Phone”.

Dear Parents, most of the children feel the same. Science and Technology in a way snatched away the happiest moment of families. Let us not sacrifice our family and relationships over the pursuit of material things. Smart Phones are here to make life easier, not to control us and make us addicted and unsociable. In the Thiruvananthapuram Regional Cancer Centre, more than 130 Children have been admitted for Eye Cancer. Doctors advise their parents not to allow children to play on the mobiles or tabs for more than half an hour. Anything which is available, accessible, new, fast and related to Information and Technology tends to attract a lot of people. When children see their parents, family members and others in their surroundings using Cell Phones, they adapt to this as a natural phenomenon. Excessive use of Mobile Phones is becoming a distraction and waste of time for students. They delve into the virtual world to an extent that they forget all other important things. It is very surprising that parents willingly allow their children to play on their mobiles. Beginning with the skin, the organs of the children are not fully developed. The radiation from the mobile phones, affects every organ. The electro-magnetic radiation that emanates from the mobile will have double amount of ill effect on children than on adults. It can cause more health hazards in the children as the brain of children is tender and the cerebro-spinal fluid in the brain is more than in adults. Knowledge is effective, only when it is shared. Let us be a role model to our children, in our relationship with God and one another, in our use of modern gadgets, in our success and failures, above all in our devotion to duty. Successful people can’t relax on a chair. They relax by work. They sleep in a dream, Awake with commitment and work towards the goal. That’s the spirit of life. Wish you all a Happy Diwali.

Sr. Jaise John, Principal

KEYS TO OPEN WINDOWS OF INTELLIGENCE



Run your Race with God



Feast of Sr. Jaise John



Club Inauguration



Independence Day



Foundress Day



Seminar



Teachers' Day



Reach Out - With the Pediatric Cancer Patients In Jipmer



Towards Flood Relief



Budding Scientists



Educational Trip



BrainOBrain Fest



DCL National Award



Drawing and Reading Competition



Wrestling Championship
Inter State Yoga Championship



Swimming Competition

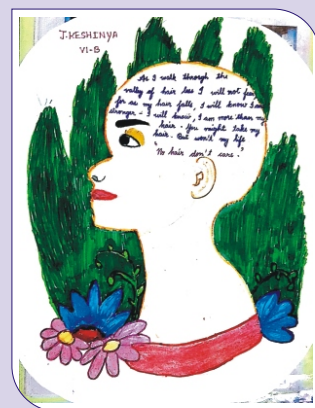
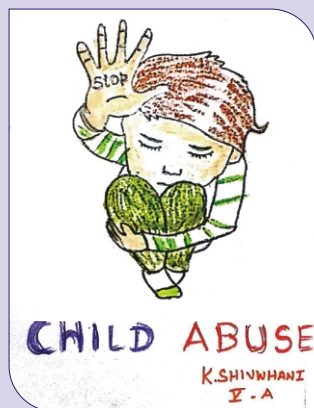
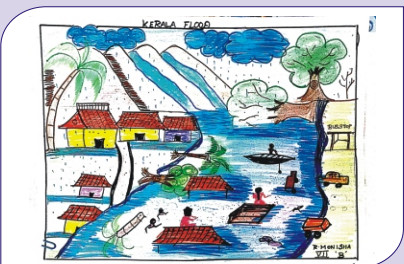
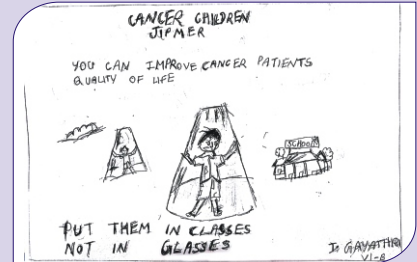
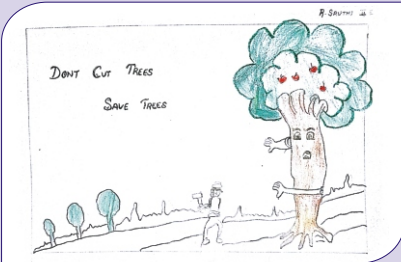


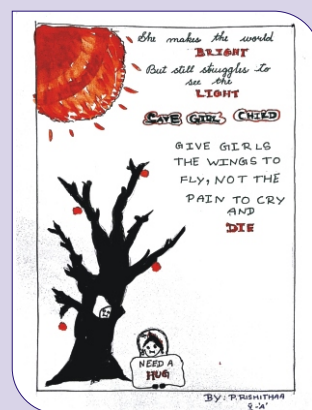
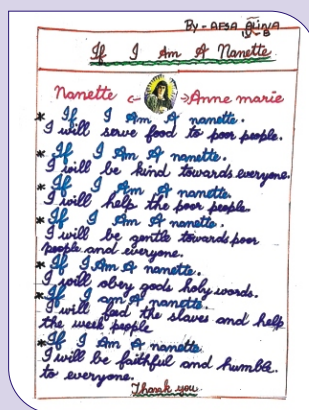
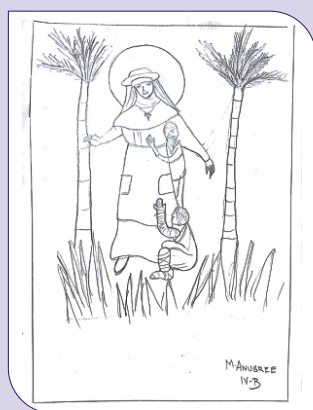
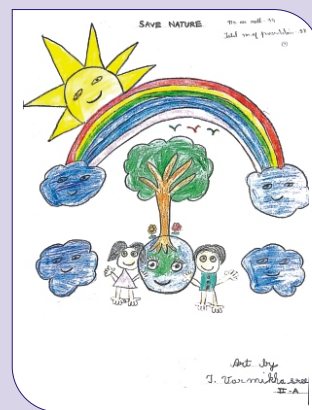
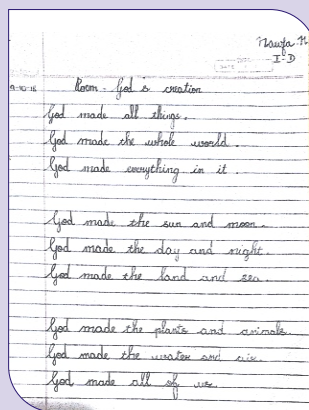
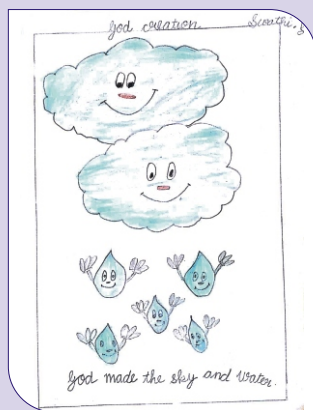
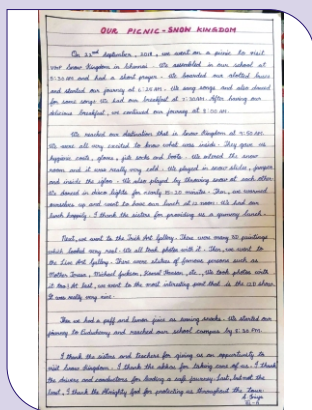
Thirukural Competition

FINGERS SPEAK



Chess Champion





“Godliness with Contentment is Great Gain”

Counselor Speaks ...

Anita, an only child of her parents, has a wide variety of toys. Her 8-year-old self is obsessed with dressing up her Barbie collection. As an only child to her parents she has a habit of getting everything that she wanted. One lovely Saturday evening they go to the Providence Mall. When they pass the toy shop at the mall, Anita asks her father for a Pink Jubilee Barbie. Her father refuses to buy the toy saying: “You have so many Barbies”. Anita throws up a tantrum and creates a scene as she always does whenever things do not go her way. But this time her father wouldn’t budge. Her father says that he will buy noodles for dinner and they walk away from the toy shop. At home Anita keeps a long face. When her father asks her, she says that she is disappointed as she has not got the Barbie.

Imagine if Anita is your child how would the conversation with her go

You have to make your child realize how blessed she is and remind her of all the blessings. Periodically remind your child of the blessings and your child will get it. We should lead our child through blessings that God has granted to us, so that they have the skill to do the same on their own because contentment is a character trait that doesn’t come naturally. It must be learned. Contentment is finding Joy in what God has given you.

How to Handle tantrums :

- Pre-Tantrum**
 - ★ Schedule some time with your child and give her your undivided attention
 - ★ Look for opportunities to point out her good behavior, even the small ones
 - ★ Be aware of situations that tend to end in a tantrum and plan accordingly
- During -Tantrum**
 - ✦ Don’t give in, don’t punish, don’t reason out
 - ✦ Ignore unless she is physically endangering herself or others
 - ✦ Stay calm and try to distract her ✦ Try Humor and help undo the frustration
 - ✦ If your child starts acting up during a meltdown, stop her and move her away from the place
- Post-Tantrum**
 - ★ Discuss the tantrum ✦ Talk about what made her so upset without dwelling on it
 - ★ Explain why you did not do what your child wanted and assure her of your love

30.10.2018 Health Camp For Students
31.10.2018 Diwali Reachout
7th & 8th Dec 2018 Seminar For Parents

It Is During Our Darkest Moments That We Must Focus To See The Light
Happy Diwali.