



SILICON CITY ACADEMY OF SECONDARY EDUCATION

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VII TO X STD -NEWS LETTER-JULY 2021-2022

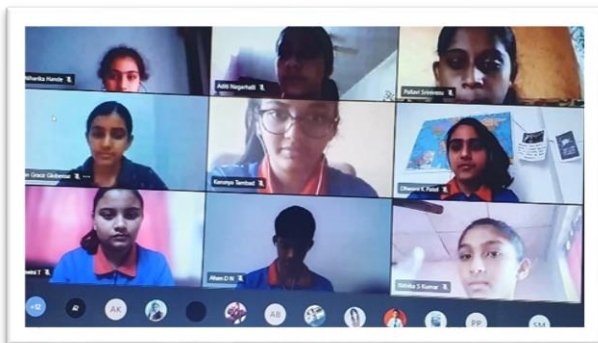
Greetings from SCASE!

There are no secrets to success- It is the result of hard work, perseverance and dedication. As Aristotle said, “We are what we repeatedly do. Excellence, then, is not an act, but a habit”.

We, at SCASE, strive to inculcate discipline, punctuality and focus as we believe that these habits lead to success. Encouraging our children to be voracious readers, participate in varied activities, enjoying fine arts, adapting to technology along with academic knowledge will help them lead a balanced and fulfilling life.

JULY 6th: Address by Principal

*In our endeavour to lead our children to success, our beloved **Principal, Mrs Sumalini***



addressed our grade 10 students on July 6th and emphasised the etiquettes of online classes and also introduced the scoreboard (A novel way of stressing on good behaviour and submission of work by awarding points for the same.).

JULY 7th & 8th: Counselling Session

*We also had **Mrs Ann Jacob**, our school counsellor addressing students of grade 7 and 8 on various topics related to mental and physical health. These sessions have become an on-going project now, as we believe our children’s fitness is of paramount relevance today as they are trying to adapt to a new-normal lifestyle.*

COUNSELLING

Counseling is a process in which one person (the counselor) helping another person (the client) to work through some difficult or painful emotional, behavioral or relationship problem or difficulty.

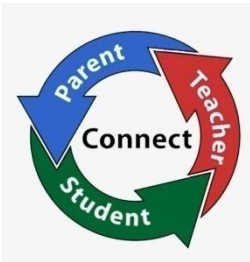
Counseling is a kind of talking therapy which involves having a face to face conversation with a trained and experienced practitioner in a confidential, non judgmental setting. A counselor will use their skills to help you to explore the difficulties you are experiencing at present and to make sense of the reasons why you are struggling.

The opportunity to think and talk about your difficulties in a reflective way can not only bring a sense of relief but also help you to make meaningful changes to your life and relationships.

Few examples of reasons we might want to see a counselor			
Thoughts	"She/he won't listen"	"She/he isn't making any sense"	"Everyone's out to get me"
Feelings	Constant anger	Stressed out	Feeling blamed
Behaviors	Not getting your voice or opinion heard	Allowing yourself to be bullied	Shouting, slamming doors, throwing things
Explore/Clarify	"I don't know what to do about any"	Feeling confused about a situation or	My life lacks direction
			Personal worries

July 24th: Meet and Greet

Our first **Meet and Greet** for the academic year 2021-22 was held on the 24th July to discuss the progress of our students and also address the concerns of the parents. It was an opportunity for us to appreciate the efforts of our students and also thank the parents for constantly supporting us. We also felt motivated as we received a lot of positive feedback from our parents on our efforts. During the PTM, we discussed our upcoming examination schedules and guidelines.



JULY: ADDRESS HEALTH SESSION

An interesting Health session was held for students of grade 7 and 8 this month. The Doctor discussed matters like food adulteration, consumption of eating too much salt, diabetes, epilepsy etc.

Theme: Eating Right
Class: 8th
Lesson: The Modern Day Salt Fable

HOW

- Mixing Substance
- Substituting Substances
- Artificial Colouring / taste makers
- Artificial Ripening

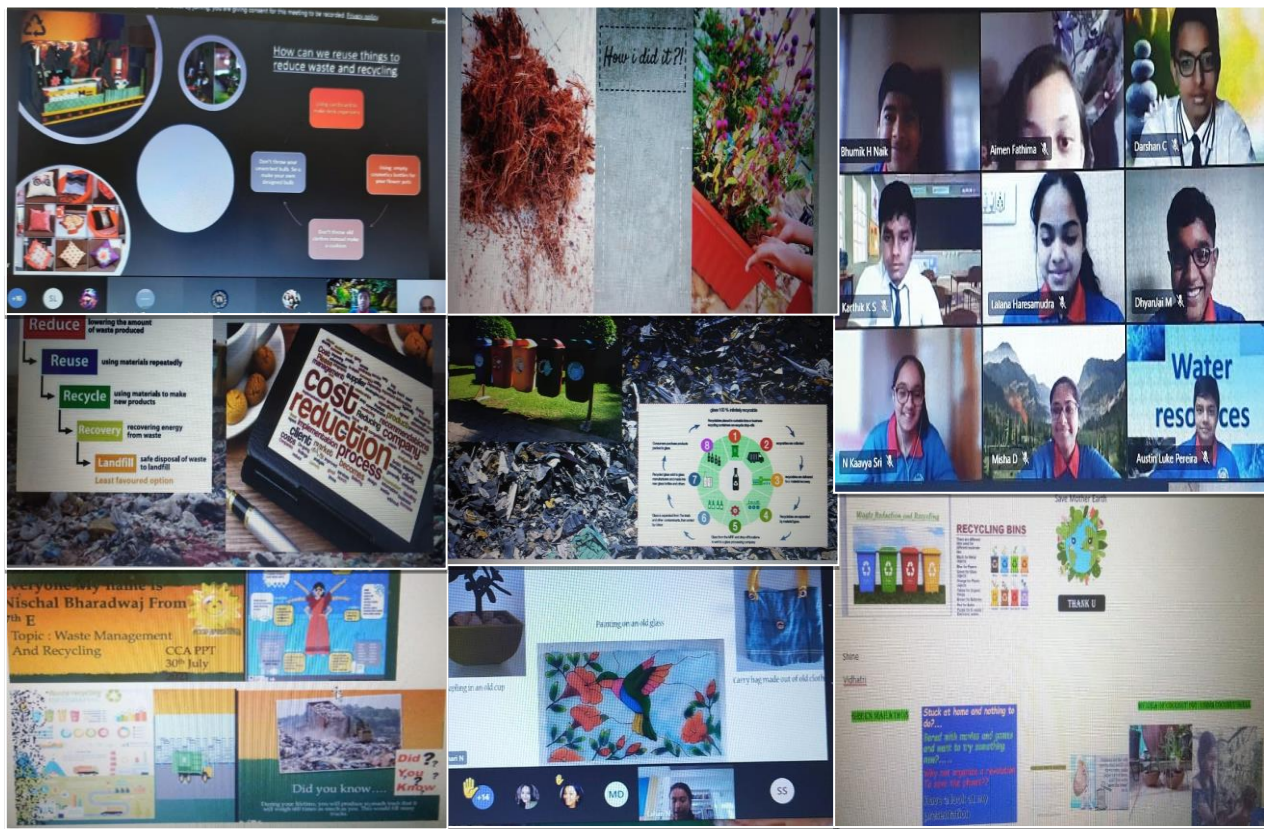
How much do you love me?
As much as I love Salt paper!

Where's the Salt?

Only 5.6% of sodium in food is added during home food prep; 4.9% is added at the table.
14.7% of sodium is naturally found in foods and tap water.
70.9% of sodium comes from restaurant foods and commercially processed foods.

JULY 30th: CCA

Reduce, Recycle, Reuse - the 3 R's of creating a sustainable environment was the theme for the **Green Marathon**, an event organised by our CCA department on 30th July for our students of grade 7, 8, 9 & 10. The students were encouraged to participate in this event which helped in creating awareness on conserving natural resources.



AWARDS AND RECOGNITION

Our Success saga continues with 100% Result with maximum number of distinctions. We thank all the parents and guardians for being supportive. We wish our students the very best in their future endeavours.



➤ ***Congratulations to Renganayaki! (X STD)***

Gold Medallist in team event for India in

Under 15 Girls Asian Schools

Chess Championships 2021.



- ***Mrs Jija Lakshman, HOD, Department of Social Science at SCASE was featured in a leading daily for analysis of new CBSE scheme and for being the voice of many troubled students and parents during the pandemic.***



Upcoming Events:

- ***Meet and Greet -19th August 2021***
- ***Mid Term Exams starts -15th September 2021***
- ***II Term begins -27th September 2021***