

*** Holy Cross School, Kumarghat, Quarterly School Newsletter. Issue - 5, July - Sep. 2023 ***







True belonging only happens when we present our authentic, imperfect selves to the world,

our sense of belonging can never be greater than our level of self-acceptance.

- Brene Brown

Editor-in-Chief



Warm greetings to all our Readers!

Understanding and embracing our sense of belongingness towards our school, society and community is crucial for personal growth, development and positive social engagement. Fostering a strong sense of connection to these entities ensures a sense of identity, purpose and responsibility, which ultimately influences our way of living.

When it comes to our school, there are various aspects that can contribute to a sense of belongingness. Firstly, we need to acknowledge and identify the positive experiences and opportunities our school provides us. These may include academic achievements, extracurricular activities, assisting teachers, or a vibrant community. Additionally, being part of a society entails recognizing that we are an integral member of a larger community.

I am honored to announce the publication of the fifth edition of our school enewsletter 'The School Voice' with the theme 'Sense of belongingness towards my School, Society and Community'. This issue highlights the valuable testimonies of students in real world experiences of belongingness in their own style and also the different activities that took place in the school during the last three months.

I extend my gratitude to our Principal, the main corner - stone of the enewsletter, Headmistress, teachers and the students who have sincerely shared their sense of belongingness in different ways through their testimonies and made this issue a unique one.

Happy Reading.....!





Welcome to Sr. Joicy FS

After taking up the responsibility as Regional Superior, Sr. Joicy FS, visited the Holy Cross School, Kumarghat on 26th August 2023. We wish her best wishes for the Leadeship she is entrusted with.

Sr. Joicy 75, thanks for your visit.





PRINCIPAL'S MESSAGE



Greetings to you dear Teaching Staff, Supporting Staff, Parents/Guardians and Students,

I am indebted to God for His showers of blessings on us through which we could continuously serve in this field of Education. With that sense of gratitude as I browse through this enewsletter, I could see various activities that we were involved and succeeded along with our student's community. Thanks to all our committed and dedicated Staffs. Your hard work is very much reflected in all those achievements of our students. Thanks to Ms. Lalnunsangi Lushai, the chief editor of this e-newsletter, in bringing out this fifth issue, reflecting on the theme: My Sense of belonging towards my School, Community and Society.

A thought provoking writeups of the students and the elaborate sharing of the staff on certain events at school that occurred in last three months (July to September) is very much laudable. Dear Staff and Students, keep up the good works that you do. Your success stories, in those pages on this school e-newsletter, deeply reflect your positive and healthy sense of belonging.

A sense of belonging is such a simple word for huge concept. A sense of belonging is very much a human need, just like our need for food and shelter. Naturally, much of who we are is influenced by the people, groups or places we belong to. Feeling that we belong is most important in seeing value in life and in coping with those difficult circumstances of our life. It provides support, helps us learn from each other, and makes us feel valued.

As a principal, I see that a sense of belonging is a factor that contributes to academic achievements in school. A sense of belonging can be defined as feeling to be a part of something, for example a group or a school environment. In an educational environment, this means the school, including the classrooms and social circles.

Multiple factors can have an effect on the sense of belonging in an educational school environment, such as teacher-student relationships, relationships between students, staff support and caring, academic and extracurricular activities. Sense of belonging at school is nice feeling of feeling close to the people at school and feeling like a part of the school community where the teachers treat them fairly, and give the students a sense of security and safety.

This sense of belonging is a seed nurtured at school helps the students to feel connected to humanity that is the community and society where they belong too. On behalf of the school Manager Fr. Lancy D' Souza CSC, Headmistress Sr. Berthila Tuscan FS., and Supervisor Sr. Lahun FS, and with the good cooperation of our respected Parents/Guardians, I wish and encourage each one of you to carefully nurture the sense of belonging in our students so that they will turn into a responsible citizen of our Society.

God Bless You All!

In Jesus Christ

Fr. J. Sahaya Lourdu Raj CSC



we create
a source of love
and personal pride
and belonging
that makes living
in a chaotic world
easier."



Headmistress's Message

"Today if we have no peace,
it is because we have forgotten that we belong to each other."

St. Mother Teresa

A sense of belonging is one of humanity's most basic needs. Belonging is a strong feeling that exists human nature. To belong or not to belong is subjective experience that can be influenced by number of factors within people or their surrounding environment. A person's sense of belonging can greatly impact the physical, psychological and spiritual emotions within themselves.

Active listening can help us to the feeling of belongingness, this is because it enables the ability to listen and respond to another person in an understanding and meaningful way.

The sense of belongingness also known as the need to belong refers to a human emotional need to affiliate with and be accepted by members of a group. For example - Belong to a peer group at school to be accepted by co-workers, to be part of an athletic team or to be part of a religious groups.

Sr. Berthila Tuscano F.S Headmistress



Dear Rev. Fr. Principal, Headmistress, Esteemed Staff, Dedicated Students, Supportive Parents/Guardians, and Well-Wishers of Holy Cross School - Kumarghat,

As we approach the Puja Celebrations in the month of October, I extend my heartfelt best wishes for this festive season. May it bring you joy and abundant blessings!

In today's fast-paced world, building and nurturing a sense of community has become increasingly challenging. Many individuals relocate to new cities in pursuit of education or employment, and the pervasive influence of social media often hinders physical connections. Numerous other factors contribute to the difficulty of fostering a sense of belonging in our modern society.

However, it's crucial to recognize that the need for belonging is a fundamental aspect of human nature. Despite the modern obstacles, people still yearn for meaningful connections with others and the places they encounter in their lives. For students, who spend a significant portion of their formative years in school, it is imperative that the educational environment fosters a strong sense of belonging. To achieve this, students must be equipped with the tools to engage in meaningful conversations, listen to diverse perspectives, and navigate their surroundings while respecting the cultural norms and values of their community. When students feel a genuine sense of belonging in the classroom, it positively impacts their educational success and motivation. Teachers play a pivotal role in creating this sense of belonging by establishing connections between the classroom and the broader community.

I implore our dedicated teachers to encourage creativity and instil a sense of belonging in our students. Here, I propose a five-fold strategy:

- 1. Foster positive relationships between students and both teaching and non-teaching staff.
- 2. Cultivate a positive peer culture that promotes belonging.
- 3. Emphasize the value of learning as a lifelong journey.
- 4. Advocate for proactive steps to support students' mental health.
- 5. Acknowledge the vital role parents play within our school community.

Furthermore, I urge and encourage you, dear parents, to actively engage with your children at home to instil a strong sense of belonging. Involve them and entrust them with age-appropriate responsibilities, as this will contribute significantly to their sense of belonging.

In closing, I seek God's abundant blessings for each and every one of you. May the Almighty continue to guide and bless the school management, our cherished students, dedicated parents, committed staff, and all those associated with our institution.



হলিক্রস স্কুল কুমারঘাট এক একাত্রবোধের দৃষ্টান্ত

Sir. Tapan Ghosh *P.R.O*



শহর কুমারঘাট,২০০৮ইং সনে জন্ম দিয়েছে হলিক্রস স্কুল, কুমারঘাট । সীমিত কয়েকজন হাতে গুনা শিশুদের নিয়ে একজন হিন্দু শিক্ষিকা, একজন ফাতিমা সিষ্টার, প্রিন্সিপাল ফা: থমাস পেরেইরা ও আমি নিজে সহযোগে এই বিদ্যালয়ের পথ চলা শুরু । আজ প্রায় এগারশত ছাত্র—ছাত্রী, চল্লিশ জন শিক্ষক – শিক্ষিকা ও সহকারী কর্মচারী দশ জন এখানে কাজ করছেন । কোন ভেদা-ভেদ নেই কোন দ্বিমত নেই যে হলিক্রস এডোকেশন ফাউন্ডেশন – পরিচালিত এই বিদ্যালয় এক পারস্পরিক মেল বন্ধন ও একাত্রবাধ তৈরী করে দিয়েছে ।

বিগত দিন থেকে বর্তমান সময় পর্যন্ত লক্ষ্য করা গেছে যে শিক্ষক শিক্ষিকাদের মধ্যে,ছাত্র-ছাত্রীদের মধ্যে অভিবাবকদের মধ্যে, স্কুল কতৃপক্ষের মধ্যে এক যুগান্ত কারী একাত্রবোধ সৃষ্টি হয়েছে। যা নিয়ে যে কেউ প্রশংসার দাবি করতে পারে।এই শিক্ষাঙ্গন জাতি, ধর্ম, বর্ণ, ভাষা সব কিছুর উর্ধ্বে উঠে প্রত্যেকটি জন সম্প্রদায়ের মধ্যে এক দৃষ্টান্ত মূলক সম্পর্ক স্থাপন করেছে। যার ফলসরূপ উঠে আসছে সমাজ গড়ার কারীগর। নিঃসন্দেহে এটা একটা সুস্থসমাজের জন্য ইতিবাচক দিক। এটা সত্য যে,

সাংস্কৃতিক অনুষ্টান খেলাধূলা, বিজ্ঞান প্রদর্শনী, করোনা মহামারীর সময়ে গরীব মানুষের মধ্যে ত্রান সসামগ্রী বিতরন, আরক্ষা দপ্তর, ও স্থানীয় হাসপাতালের ডাক্তার, নার্সদেরকে অভিনন্দন ও শুভেচ্ছা জ্ঞাপন ইত্যাদি কাজ কর্মের শিক্ষার্থী ও অভিবাবকদের মধ্যে এক দৃঢ় একাত্রবোধ জেগে উঠেছে । মূল্যবোধের শিক্ষা ও সমাজ গঠনের ইতিবাচক দিকগুলির বিষয়ে শিক্ষা দেওয়া, স্কুলের শিক্ষক শিক্ষিকাদের মধ্যে একটা একাত্মাবোধের সৃষ্টি হয়েছে । দৃঢ় প্রত্যয় নিয়ে ছাত্র-ছাত্রীদের সহমর্মিতা নম্র আচরন, একে অন্যের পরিপূরক, সাহায্যকারী, শ্রদা–ভক্তি, নিয়ম শৃঙ্খলা, স্লেহ, ভালবাসা ইত্যাদি সহযোগে শিক্ষক শিক্ষিকারা আন্তরিকতার সঙ্গেঁ, বিভিন্ন Communityর সঙ্গে মত বিনিময় করে এক সুন্দর অভিনব শিক্ষাঙ্গন তৈরী করেছেন -- Holy cross school, kumarghat.

সমাজ পরিবর্তনের ভাবধারায় সমাজকে একাত্মবোধ গঠনে এগিয়ে এসেছেন Holy Cross Education Foundation North East বাতৃপক্ষ । নিঃসন্দেহে এটা একটি সুপরিকম্পিত একাত্মবোধের নিদর্শন ।

Feedback of a SMC Member



Ms. Himabati Reang

Asst. Professor,

College of Teacher Education,
Govt. of Tripura, Kumarghat, Unakoti
(School Management Committee member,
Holy Cross School, Kumarghat)



I consider myself fortunate and honored to have served as the member of School Management Committee, Holy Cross School, Kumarghat for the past three years. As a temporary resident of Kumarghat, and based on observations of the school's conduct and compliments from the local people around, I am proud to declare that Holy Cross School is the center of attraction and magnet for the parents and guardians of Kumarghat locality and periphery areas with regard to pursuing education career of their children. The student composition of the school indicates that it hosts diverse students of races, communities, cultures, and religions; and the school treats all of the students fairly without any discrimination. The school indeed presents a place of harmonious pursuit of learning among diverse student communities.

I am impressed by the conduct and activities of the school. As an educationist and teacher myself in the College of Teachers of Education, I am assessing that the school is in the line of a 'model educational institution'. The all-round development of the students is being sharpened, and value education fully inculcated to the students. Starting from the beginning day of school, the assembly is quite enriching for the students, as it involves getting current news and happenings around the globe. It also constitutes educational learning vocabulary and themes of the day, along with inculcating spiritual and moral values in the students. The school engaged simultaneously in academic learning and extracurricular activities, equipping the students and fostering personality growth as required in the world of today. Besides maintaining strict discipline in all affairs of the school's functioning, the uniqueness of the school lies in its understanding of how to deal with students' problems. Today, many schools may be strict, but they lack understanding of the management of students. In the name of assemblies and drills, students are not bared in the hot, blazing sun. This shows that the institution is extra cautious about students' health consciousness, and genuine empathy towards discomforts faced by students.

The institution has a gentle approach to addressing the students' and parents' issues and problems. I am witnessing myself as my child also pursues study at this school. I must appreciate that the school consults the committee and parents before taking any collective decision on the working strategy and functioning of the school. The fees are reasonable and affordable when compared to many private schools demanding higher fees. Many schools today are not able to provide a balanced education, i.e., maintaining a good pace between extracurricular activities and academic studies. Some schools are too focused on academic studies, with negligible extracurricular activities; while others are too focused on extracurricular activities that deviate students from their studies. On this account, I must say that the school has a balanced approach to imparting a good education, indulging them in only moderate extracurricular activities with a more prime focus on the students' studies. It may be for this reason that the school is exceedingly doing well, and performing excellently in board exams.

The excellent performance of the school wouldn't be possible without the principal's direction, the contributions from the head-mistress, the teaching staff, and the non-teaching staff. Therefore, I must appreciate all the stakeholders in the school who have endeavored to bring it to this appreciable height. While there is always room for improvement and space for perfection, I wish that the school maintains the reputation that it has built over time, and also performs much better in the years to come in catering to the precious educational needs of the locality, and fulfilling students' and parents' aspirations, making Holy cross, Kumarghat as the most desired school in Unakoti District. It's my pleasure that the school has included me in the school management committee, and for this, I always cherish for being part of this committee. I am extremely grateful and delighted that the magazine gave me a little space to share my views and experiences about this lovely Holy Cross School in Kumarghat.





ANNA DARLONG CLASS I

My name is Anna Darlong. I come from Kathalcherra village of Dhalai District. I am proud to be a student of Holy Cross School, Kumarghat. My teachers teach me how to become a good student as well a good human being. My teachers show me the path of acquiring quality education and also help me in building a good character, filled with love and care. I feel so blessed to be a part of this reputed school, which is the pillar of my foundation in my pursuit of becoming a successful person in life. The school is just my second home, the place where I built my future career with the help of loving and qualified teachers. The good atmosphere in school campus enhances my feeling of being part of everything that the school gave me. I really enjoyed and take pride in the contribution I give back to the school at a student level. Lastly, I am hopeful that after getting all that I need as a student from this renowned school, I will offer my services in whatever capacity that school needs me and to the society in future.

Education is an important part of our life for

individual school are the doors of education that

leads to the success. The school play's a significant



all facilities

part in shaping the future personality of a child. My school is also one of the greatest and reputable school of my area. I study at Holy cross school kumarghat. It is very near to my home. It has a big building having several classroom, a principal office, a staffroom an auditorium, a playground, a computer lab, science lab and big library. I love my school very much. Like a school society is a very important part of our life. Society is to keep people United together. Society promotes equality we help each other. When a person is born he begins live in a society. Society is a very important and essential for everyone's lives

because of society teach of lots of manners us.

Society makes a great person and it provide us



JYOTIRA ADITYA CHAN CLASS IV

When students feel a sense of belongingness in the classroom, it can increase their educational success and motivational outcomes in multiple ways. My teachers help me to create this sense of belongingness by building connections between classroom and school community.

At the very beginning of the new session i.e., the first day of our new session 2023, our class teacher greeted everyone and enquired about our well-being. After introducing herself, our class teacher requested us to introduce our self by name and surprisingly she still remembers each student's name and that is the beginning of feeling a sense of belongingness towards my school.

After the initial introduction session, our teacher shared the school's performance in various academic and non-academic activities and requested us to maintain a very good record in both academic and non-academic activities and thereby setting a standard and expectations which encouraged us to perform better not only in the academic field but also in sports, music and other cultural activities. Our teacher also shared the course syllabus for the whole year which gives us a feeling belongingness towards my class.

My sense of belonging towards my school increased when my teacher started interacting with us one by one and allowed us to discuss our needs and individual questions. My teacher is always sensitive to my needs and emotions and thereby creating a supportive and caring learning environment.

My teacher always encourages me to develop a sense of community in the classroom by establishing classroom respect and fair treatment.





My sense of belongingness towards my school, community and society is profound and deeply ingrained within me. Throughout my life, I have had the privilege of being part of an educational institution that has nurtured my growth, a community that has supported my endeavors, and a society that has provided me with opportunities for personal development and social engagement.

First and foremost, my school is more than just a building with few classrooms; it's a place of holistic learning, growth and development. From my earliest experiences in kindergarten to my current high school journey, my school has played a pivotal role in shaping who I am. The dedicated teachers and staff have not only imparted knowledge but have also acted as mentors, guiding me on my path to success. I have built a lifelong friendships and shared countless memories with my peers, creating a sense of camaraderie and unity. This sense of belongingness is further strengthened through participation in extracurricular activities, clubs and sports teams, where I had discovered my passions, exhibited my skills and developed valuable leadership qualities.

Moreover, my sense of belongingness extends beyond the borders of my school to the wider community. Growing up in a close-knit community has allowed me to forge connections with people from different walks of life. I have had the opportunity to serve my community at large. This involvement has not only enabled me to understand the struggles and victories around me but has also instilled a sense of empathy, compassion and responsibility.

Furthermore, my sense of belongingness extends beyond my immediate community to society at large. I recognize that I am a part of a larger interconnected web of individuals, each with their unique stories, experiences and contribution, I am fortunate to live in a place that celebrates differences and provides ample opportunities for personal growth and self-expression. I am committed to contributing to the betterment of the society by actively participating in discussions, debates and taking action on issues that matter. Being a part of a society means recognizing our collective responsibility and actively nurturing a sense of good citizenship and civic duty.

In conclusion, my sense of belongingness towards my school, community and society is deeply rooted in the experiences, relationships and values that have shaped my life. My school has provided me with a nurturing environment for learning and personal development. My community has also given me the opportunity to connect with others and make positive contributions towards the society and with the world around me. Through all these I have developed a profound sense of belongingness and an unwavering commitment to actively contribute to the betterment of my school, community and society at large.



A sense of collective belonging in my school, society and community is a sense of acceptance, respect, inclusion and support likely to choose to be in the school environment. I feel very happy to live in my school, society and community in which I belong. School, society and community teach me many things such as: school teaches me discipline, gives knowledge, friendship, etc. Society teaches me to present respect towards elder and older person. Community teaches me unity, teamwork etc. Student who do not feel sense of belonging often they struggle to devote their fall cognation resources to tasks and experience issues with emotional wellness. Belonging to school, society and community helps me to overcome various difficulties that I face in my life, it teaches me to respect various culture and how to live in various culture, it also helps me to concentrate to my goal in my life.





Sense of belongingness is a need for human beings to affiliate themselves with another group of people and have their acceptance. It is a feeling of support when a person observes inclusion and identity as a particular group member.

In my opinion, sense of belongingness towards school is influenced by the classroom and school culture as well as by individual action taken by adults in the school. In school we should take a moment to think about how important it feels to you to belong and have sense of community membership in the places where you live, work or play.

Having a sense of community belonging is a feeling that members matter to one another and the group people say that they have a strong sense of community also tend to say their health and mental health are very good and excellent.

A person's sense of belonging can greatly impact the physical emotions, psychological and spiritual emotions within themselves. Belongingness is such a fundamental human motivation that people feel sense consequences for not belonging.



My sense of belongingness towards my school, community and society is profound. Ever since I stepped into the school premises, I have felt a deep connection not just with the bricks, but with the ethos and values it upholds. The friendship among us, the guidance of our teachers, and the collective spirit of our school events foster a feeling of unity and togetherness. Teachers play a pivotal role in shaping my mindset, and friends became an extended family. We celebrate achievements, offers shoulders during failures, and built memories. School events, from cultural fests to sports, were not just events; they were direction where I recognized the diversity and unity of our community. Everyone, irrespective of their backgrounds or talents, had something unique to contribute. This unity in diversity instilled in me a deep sense of belongingness.

Beyond the school gates, the larger society has been an extension of this community. It has instilled in me values of cooperation, responsibility, and mutual respect. Together, they have gifted me perspectives, enriched my experiences, and instilled a responsibility to give back. As I continue on my journey, I carry forward this profound sense of belongingness, cherishing the ties that bind me to both my school community and society. This dual sense of belongingness has shaped my identity, teaching me the significance of being a part of something bigger than oneself. In both realms, I am a valued member, constantly learning, contributing, and evolving.





How strongly a student feels like they 'belong' at their school can shape their life well into adulthood. So how can teachers and schools help students feel like they belong there? Manish's Kelly-Ann Allen shares strategies that schools and teachers can use to help students develop a greater sense of belonging to their school.

Belongingness is a fundamental human need yet one in four students around the world do not feel a sense of belongingness to their schools, and numbers are steadily rising. The impact of this can be huge not just in students' academic achievements but on their overall well being as adolescence and later as adults.

With the rates of mental illness, disconnection and social isolation fostering a sense of belonging at school may help provide a critical solution to a complex social problem.

The importance of school belonging:

A sense of belongingness at school can support students through a particularly vulnerable time when they're forming their identity, developing psychosocial skills and being influenced by their peers. It can also shape their future interactions, relationships, achievements and their ability to function and adjust on psychosocial level, well into adulthood. Research shows feeling like you belong at school is linked to higher levels of student's emotional and physical wellbeing and better academic performance and achievement.

It's positively association optimism, self-esteem, self concept and social ability. It can reduce likelihood of mental health problems, promote resilience when mental health difficulties arise and reduce suicidal thoughts and behavior.



CLASS IV

A sense of belongingness towards my school, community and society is extremely important for my personal and academic growth.

I feel that I am very much accepted, valued and connected to the school, teachers, authorities, my friends and many other people and the environment around me.

Due to my active engagement in the school, community and society, it has significantly enhanced my sense of belongingness. By active participation forge connections will be formed with like-minded individuals, build friendships, and I feel more connected to my school and community.

I am very much blessed and fortunate to be a part of Holy Cross School, Kumarghat. I am grateful for the gifted person of my principal, who loves and cares all the students and creates a fatherly atmosphere for me and for all those who step into our school.

My loving teachers make me feel at home by their tender care, love and support.

Every morning I feel so happy to get dressed for school as I find lots of happiness and learn good things at school.

It is rightly said,

'A sense of belongingness takes time to develop, but the effort is worthwhile'.

By actively participating, establishing meaningful relationships and embracing diversity, each one of us can enhance our sense of belongingness towards our school, community and society, leading to a more enriching and fulfilling educational experience.





Belongingness is the fundamental human need, a sense being part of something greater than oneself. Throughout my life, I have nurtured a profound sense of belonging towards my school and society. These connections have not only shaped my identity but have also played a pivotal role in my personal growth and development.

School: - The Foundation of belonging.

My journey of belongingness began with my school. The moment I stepped into its premises, I felt like I was entering a second home. Teachers as mentors played a crucial role in fostering my sense of belonging. They not only impart knowledge but also teach us the value of empathy, respect and inclusivity. The friendships formed in school were the building blocks of my social identity.

Society: - Connecting threads.

Beyond the school gate, my sense of belonging extends to the larger society. My sense of belongingness towards society stems from the understanding that I am a part of a larger tapestry, woven with threads of diversity. My society is not an abstract entity; it is the people I encounter daily, the stories I hear and the challenges we face together.

Community: - The Heartbeat of togetherness.

In my heart, my sense of belongingness lies my community. It's the intimate, tightly –knit networks of individuals who share a common geographical space, interests and values whether it the local neighborhood, a cultural group or a shared hobby. These bonds formed within these circle are often unbearable. The support received during times of need is a testament to the strength of such connections.

Belongingness is not only a warm feeling of inclusion. It's the motivation my school, proud to address societal issue and contribute positively and with full heart to my community. My sense of belongingness towards my school, society and community remains an unwavering compass which guides my decisions, fuels my passion and inspires me to experience the profound sense of belongingness that has enriched my life.



SCHOOL:

School is our second home where we start learning. It is an important place to get the right education. Our school teaches us to face the challenges thrown by life. We learn manners, punctuality, and the spirit of hardworking. A good student is the product of a good school. I have a great attraction for my school because I feel at home, peaceful environment and all the teachers and other staff members take great care of me.

Community:

It can be a social group of any size with members who all live in the same loyalty share a common government and all share a common culture and historical history. Communities are one of the many social systems that impact people lives and shape their individual and group identities.

Society:

A society is a group of people participating in continuous social connection same social territory normally exposed to the same political power and cultural standards that are dominant. Society consists of people who have decided to work together through mutual advantage.





CLASS VIII

Sense of belonging includes support from the community, cooperation, unity and good relationship with others. It involves seeing community as a symbol of certain values and practices shared among members of a particular group of people.

I get my sense of belonging in the society and community from my family, friends and my relatives and neighbors. But belonging is more than just being part of a group. Belonging is critically tied to our identity in that group. To truly feel a sense of belonging, we must feel unity and a common sense of character among the members of our group.

It is very important to have a sense of belonging in the society and the community. The social ties that accompany a sense of belonging are a protective factor helping in managing stress and other behavioral issues. When we feel we have support and are not alone, we are more resilient, often dealing more effectively with difficult times of our life. Someone has a sense of belonging when he or she does not feel lonely and depressed. Loneliness and depression occur when a person lacks a sense of belonging.

In school also, which is a part of the community, sense of belonging is important. Sense of belonging for a student is influenced by the classroom, classmates, teachers and the culture of the school. For example, I have a sense of belonging in my school, as I have built an identity for myself in my classroom, with my classmates and teachers, I feel safe and secured in my school. I manage to avoid the loneliness, depression and stress, all because of my sense of belongingness.

A sense of belonging is crucial to our life satisfaction, happiness, mental and physical health and even longevity. It gives us a sense of purpose and meaning. Research has shown that loss of belonging has been associated with stress, illness and decreased wellbeing and depression.



CLASS VIII

In my school, there are many teachers who teach us. Teachers make future for us. They are the one who tells us what to do and what not to do. The teacher who is scolding us today, he/she is the one who makes our future. I feel that my school is the best school for me. I love my school too much. In our home, also two teachers are there. They are our parents. Always we should listen to our parents because parents will never give us bad information. Whatever, we listen in class we should counsel with our parents. If we counsel with our parents then, they will surely help us and take us out of that situation. Parents are the one who will scold us as well as love us. From school, we have learnt manners, discipline, how to behave in class and at home and all many other good things. I love to go to school because we study

My society people are also very good and helpful. They help us when we face problems. One day, on road some people started fighting. And by travelling home by rickshaw, I have watched a man stopping that fight. That person also teaches us, on the road that "We should do good today because if we do bad than we will surely get bad result, so be obedient, be punctual, be helpful, and be kind".

and enjoy also.

In my school, in our section 43 students are there. If I talk about my school, then it will be a very big chapter. School is a ideal place. Also, in our society 100 people are there.

At 2019, we had go to a picnic where we enjoyed so much, that I can't explain with words. These are the memorable days, which we can't forgot.





Belonging towards school, community and society has a significant impact on an individual sense of belonging. Belonging is a concept that provides confidence and support to individuals who are able to connect to people or places.

MYSENSE OF BELONGINGNESS TOWARDS MYSCHOOL:-

We are like a family in our school. I find an intense bond with all my teachers and other staffs. They shower their love, kindness and are cooperative. I scored good marks, under the guidance of all my teachers. Not only teachers, but our principal, headmistress as well as many other staff members encourages me and make the learning more fun. I am glad to be a part of this institution.

MY SENSE OF BELONGING TOWARDS MY COMMUNITY: -

I belong to a community, where people are empathetic and yet loving. I have support from my family as well as support from the community. Also, there are few who criticise me over my success, but interestingly they're those who uplift me and make me try to do better continuously.

MYSENSE OF BELONGING TOWARDS MYSOCIETY: -

The purpose of society is to keep people united together. We live together and share our own ideas and thoughts with each other. It promotes equality. I always try to help everyone in their needs. Society also provides all facilities related to various things, which I really feel proud about.



Belongingness can include feelings of understandings, respect, membership or mattering. It is important to our life's satisfaction, happiness, mental and physical health and even longevity. My sense of belongingness towards my school is very deep.

I am a student of Holy cross school, Kumarghat, which is an awesomeness school. Our teachers are very kind and helpful; they always help us to achieve our successes. Last year I got third prize in essay competition which made me and my parents happy and I always participate in dance performances at our school. Now I am in class V (five). Our class teacher is very much helpful. she always helps me to overcome all challenges during classes. She also helps me to do good results in my exams. I feel so much part of the family of Holy Cross School, Kumarghat because my Principal, Headmistress, teachers and my friends are always supportive and helpful in every step that I take for my studies. I feel so much attached to our school as I receive lots of love, care and improve myself a lot in every field.

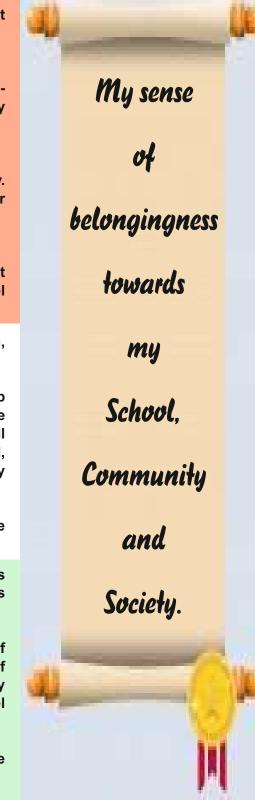
I want to thank all the teachers of my school. And I believe that the blessings of my teachers and my parents will help me to achieve more success in my future.



I am a student of class -X. I have got my experience of school since 2012. I am pleased and duty bound to all my school teachers and miss their adorable behaviour, lesson of discipline and character building. Their method of imparting lessons and interaction with the students including myself inspire to acquire knowledge of the prescribed syllabus.

My belongingness to school is loyal and obedient. I hope to be shaped well with all human qualities. I am sure to become a good citizen of the country and inculcate oneness with a spirit of unity in diversity. Whatever result reflected in acquiring knowledge is the result of dedicated teaching and instructions given to my day-to-day class by my learned teachers as a whole. I often feel that my teachers are my brothers and sisters and even more like my second parents. I do not feel any sense of isolation as my teachers care and love me a lot. I feel so blessed to be part of my school, as I enjoy going to school and learn good manners and acquire knowledge from my teachers.

Even in times of difficulties and problems, my teachers are always present beside me to help me walk and reach my destination and solve my problems. They are always ready to extend their hands for any kind of help.





PEACE CLUB

ACTIVITY

REPORT

It's a great privilege for me to pen down some of my experiences in the activities conducted by Peace Club, JUST Agartala. First of all, I would like to thank all my teachers coordinators who have tirelessly helped us in enlightening our hearts and minds towards a better world where love, peace and joy can find its first place.

Holy Cross School, Kumarghat. (5th August 2023)

Our Peace Club consultant Ms. Moumita Reang began the session with the previous leaning on peace, it's principles and conflict resolution. She highlighted the topics on substance abuse- the causes and harmful effects on drugs; the consequences of drugs, alcohol and tobacco- it's preventive measures- how to live a healthy well-balanced diet and a purposeful life. She also conducted a group activity to communicate the theme of the session in an effective manner.

JUST Agartala, Damdamia. (8th august 2023)

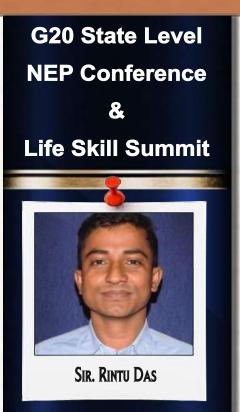
Six Peace Club members and two animators represented our school in the Annual Peace Club program on the need-based capacity building program. Our school bagged two first prizes in solo singing- and art; second in solo dance and group dance. It was a great experience because we could meet many friends from different institutions and share our talents and friendship.

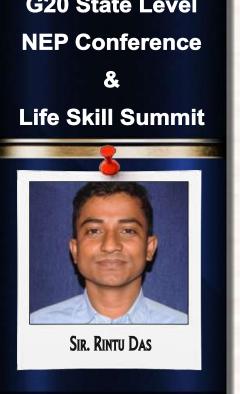
Holy Cross School, Kathalcherra. (19th august 2023)

A one day inter school sports meet was organized at Kathalcherra by JUST Agartala. Two teams from the Peace Club members of our school participated in the sport meet. The events were -Football for boys and Throw ball for the girls. The other schools were Holy Child School, 82 Miles and Holy Cross School, Kathalcherra. We had put up a great fight and played with true sportsmanship. Although we couldn't win but we won the hearts of the spectators because the margin of points was too close for winning. Henceforth, as the saying goes-' Well began is half done', We have begun well and we pray and hope that in the coming years, we will be able to bag laurels for our school.









The G20 State Level NEP Conference and Life Skill Summit held at Ramkrishna Mission Vidyalaya, Agartala, on 26th July 2023, was an enriching and transformative event. The summit aimed to address crucial aspects of 21st century schooling, life skills, youth empowerment and leadership development.

The event commenced with a warm welcome by Swami Shubhakara Nanda Maharaj, Secretary, Ramkrishna Mission, Agartala, setting the tone for an inspiring day ahead. The summit witnessed the presence of esteemed dignitaries, including:

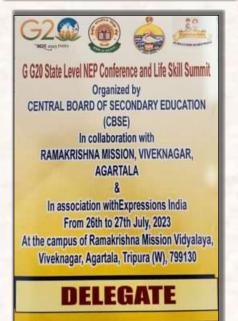
- Dr. Joseph Emmanuel, Director CBSE, New Delhi.
- Swami Atmapriya Nandi Maharaj, Pro-chancellor, RKMVERI, Belur Math, West Bengal.
- Smt. Nidhi Chhibber, IAS, Chairperson, CBSE, New Delhi.
- Chandri Chandran, IAS, Director, School Education Department, Government of Tripura.
- Ms. Sonal Kalra, Author and chief Managing Editor Hindustan Times City Editions.

The esteemed speakers addressed the gathering on key topics related to life skills and well-being, wellness in the context of 21st century schooling, aspirational skill development for youth empowerment, and transformational leadership for school leaders.

The keynote speakers shed light on the significance of nurturing life skills among students to help them navigate challenges effectively and foster overall well-being. They emphasized that life skills are essential in preparing students for the complexities of the modern world and ensuring their holistic development.

Furthermore, the conference highlighted the need for wellness in educational institutions, underscoring the importance of incorporating practices that promote physical, mental, and emotional health within the school system.

The event also focused on empowering the youth through aspirational skill development, enabling them to explore their potential and contribute meaningfully to society. The summit emphasized the role of educational institutions in fostering an environment that supports youth empowerment and encourages innovation. PTO







Another crucial aspect discussed during the summit was transformational leadership for school leaders. The speakers underscored the significance of visionary leadership in shaping educational institutions and inspiring teachers and students to achieve excellence.

Throughout the conference, participants engaged in interactive sessions, workshops, and panel discussions, fostering an atmosphere of collaboration and knowledge sharing. The summit provided a platform for educators, policymakers, and stakeholders to exchange ideas and best practices for educational improvement.

In conclusion, the G20 State Level NEP Conference and Life Skill Summit held at Ramkrishna Mission Vidyalaya, Agartala, was a resounding success. The event focussed on life skills, well-being, youth empowerment, and transformational leadership exemplified the commitment towards shaping a progressive and inclusive education system. Participants left the summit with renewed enthusiasm and a determination to implement the insights gained to pave the way for a brighter future in education.

Teacher representative of Holy Cross School, Kumarghat.

- 1. Tapan Ghosh (PRO)
- 2. Rintu Das (asst. Teacher)





Greetings to all!

"The essence of math is not to make simple things complicated, but to make complicated things simple." - Stan Gudder

First of all, I would like to acknowledge and convey my sincere gratitude to Holy Cross Educational Foundation, Agartala and Holy Cross School, Kumarghat, for giving me the opportunity to attend Mathematics Seminar at Saint Andre Home, Agartala on 7th July 2023. The seminar was hosted by a Mathematics expert Dr. Sudhir Singhal in association with Bharati Bhawan Publishers & Distributors.

The seminar was commenced with an introductory and welcome speech by Rev. Fr. George Jacob, the Secretary of HCEF.

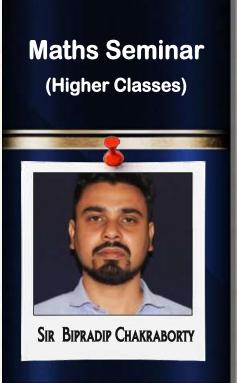
The resource person of the seminar also expressed his gratitude and introduced himself to the teachers. He also provided a brief overview about the seminar's agenda.

The first session began with a comprehensive introduction followed by some group activities based on mathematics, which included logical based, calculation based, arithmetic, algebra and also mental ability based activities.

The second session of the seminar included both group and individual activities based on logic, reasoning and mental ability test.

Through this seminar, the teachers' community not only enhanced their skill on subject matter but also shared their knowledge among one another. It will perhaps give an extra mileage for the holistic development of both teachers and students communities.





On July 7th, 2023, a mathematics session was held at Agartala Holycross School, organized by Bharati Bhaban Publisher and hosted by renowned mathematician Dr. Sudhir Singhal. The session aimed to equip Class 1 to Class 4 teachers with innovative teaching methodologies and approaches to enhance the learning experience of their students in the subject of mathematics.

Session Highlights:

Dr. Sudhir Singhal initiated the session by warmly welcoming the teachers from Class 1 to Class 4. He emphasized the importance of mathematics in a student's academic journey and how teachers play a pivotal role in nurturing love for the subject.

Pedagogical Techniques: The session focused on various pedagogical techniques that can be used to make mathematics more engaging and accessible to young learners. Dr. Singhal emphasized the significance of using real-life examples and hands-on activities to demonstrate mathematical concepts.



Technology Integration: The session also introduced teachers to the benefits of incorporating technology into their teaching methods. Dr. Singhal demonstrated the use of educational apps, interactive tools, and online resources that can aid in simplifying complex concepts and piquing students' interest.

Concept Mapping: Teachers were introduced to the concept of "concept mapping," a visual representation technique to connect various mathematical ideas. Dr. Singhal demonstrated how concept maps could serve as effective tools for both teachers and students to organize their thoughts and better understand the interrelation of mathematical concepts.

Differentiation Strategies: Recognizing the diverse learning needs of students in the classroom, the session addressed differentiation of strategies. Dr. Singhal discussed how teachers can tailor their lessons to accommodate various learning styles and abilities, ensuring that all students have the opportunity to succeed.

Problem-Solving Approach: The importance of fostering a problem-solving mindset among young learners was emphasized. Dr. Singhal conducted interactive problem-solving exercises with the teachers, encouraging them to think critically and creatively while addressing mathematical challenges.



Assessment and Feedback: The session also touched upon effective assessment methods to gauge students' understanding of mathematical concepts. Dr. Singhal highlighted the significance of providing constructive feedback to help students improve their performance continuously.

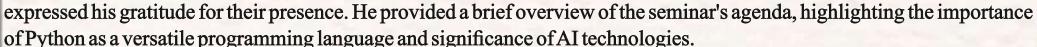
The mathematics session conducted by Bharati Bhaban Publisher and hosted by Dr. Sudhir Singhal at Andre Home, Agartala proved to be an insightful and enriching experience for the Class 1 to Class 4 teachers. The session equipped them with innovative teaching approaches and strategies to make mathematics more engaging and accessible for their students. The practical demonstrations and interactive activities helped teachers grasp the concept effectively, enabling them to implement these techniques in their classrooms confidently.

The teachers expressed their gratitude to Bharati Bhaban Publisher and Dr. Sudhir Singhal for organizing such an insightful workshop and looked forward to implementing the newfound knowledge in their teaching practices, fostering a deeper love and understanding of mathematics among their students.



First and foremost, I would like to convey my sincere gratitude and thanks to Holy Cross School, Kumarghat for giving me an opportunity to attend seminar on "Python" and "Artificial Intelligence" which was held on 22-07-2023 at Andre Home, Agartala. The seminar was held at 11 a.m. and lasted till 3:30 p.m. and the seminar was hosted by an IT specialist, Mainak Banerjee.

The seminar started with an opening address by Mr. Mainak Banerjee, who welcomed all participants and



The first session began with a comprehensive introduction to Python programming. The speaker delved into the language's syntax, data structures, and control flow, catering to both beginners and experienced teachers. The examples and live coding

> exercises helped reinforce the concepts, making it accessible to all participants regardless of their prior Python experience.

> The second session of the seminar delved into the world of Artificial Intelligence. We learned about the various types of AI, including machine learning, natural language processing, and computer vision. Realworld examples were presented to showcase the applications of AI in fields such as healthcare, finance, and autonomous vehicles.

> The seminar not only broadened my understanding of Python's capabilities but also reinforced the significance of AI in various industries. I look forward to applying the knowledge with our students.

> Last but not the least, I extend my heartfelt thanks to Fr. George Jacob CSC without whom the completion of this seminar would not have been possible.



Social Studies Seminar



First of all, I would like to thank the Holy Cross Education Foundation for giving us the opportunity to attend the seminar on Social Science. The seminar was held on 15th July, 2023 at St. Andre Home, Agartala.

The session began at 10:30 am with a welcome speech by Fr George Jacob the Secretary of HCEF which was followed by self-introduction.

The main aim of the seminar was to make the teaching and learning of Social Science more interesting among the students.



The resource person, Ms. Jyoti Sharma, had conducted the seminar with lots of activities and group discussion.

Right from the beginning, we were divided into groups. Different topics were given to each group related to sustainable development on which each group has to discuss.

After the discussion, we noted and read out certain points that have been discussed to the whole group. It was really a wonderful session.

After a break, we all gathered once again and Ms. Jyoti Sharma gave us some tips on how to assess the overall performance of the students and how to help and guide the students to get good marks in writing their answers in the exams and that has to be taught from classroom activities itself when a child writes

his/her notes.

One of the teachers from the participants delivered a vote of thanks to the gathering and the seminar got over at 2:30 pm.

We all enjoyed the seminar and have learnt many things related to our subjects which will really help us in making our teaching learning effective and interesting.









'Happy Birthday to you' is a simple sentence but to the one who celebrate the gift of life, it has a world of meaning. People celebrate birthdays with music and dances but we the Holy Cross school Kumarghat express our love and gratitude to our dear Sr. Lahun the supervisor of our school in a very unique way, on her very special day. It was indeed a very joyful moment for us, the staff and the students who participated in different activities.

To make Sr. Lahun's day more meaningful and colourful on 10th September, Fr. Lourdu, our principal organised games and sports between teachers and students. The playground was decorated with colourful flags and all set for the most interesting games. Our hearts were fill with joy and enthusiasm. The long awaited and most thrilling games started. It was worth viewing the Ladies staff along with Sr. Lahun playing throw ball with our students. It really shows the love and care each one has for her. The gents' staff were all the more eager to show their talents and could not wait for their turn to play. They really did their best and played football with full enthusiasm. Teachers are not confine in the classroom activities but are fully involved with the students in the playground too. The most interesting part was both the matches were won by the students. We heartily congratulate them for their great success.

At the end of the matches, there was a grand cake cutting ceremony in the presence of teachers and students in the open ground. Father Lourdu appreciated the hard work and dedication of Sr.Lahun has rendered for the smooth functioning of this school and wish her good health for the days to come. Everyone sang the famous song' Happy Birthday to You' cheerfully. With this the most memorable birthday celebration ended.





On 15th August 2023, celebration of Independence Day at Holy Cross School, Kumarghat marked with much pomp and patriotic feelings and enthusiasm of the Staff and Students were evident. The celebration was filled with hoisting the flag, amdist the showers of rain, by our respected chief guest Shri. Biswajit Chakraborty, retired person from the Assam rifles regiment and a Police Person from our local Kumarghat PS. We celebrated our Independence Day by decorating the school with tricolour clothes, with speech from the chief Guest, Song, Poem recitation, and Special Yoga performance.

As per the Govt., and DEO direction, we began the Independence Day Celebration from 9th to 15th August 2023. Various programs are charted out in line with guidance given, to celebrate a meaningful Independence Day Celebration. On 10.08.23, we offered tribute to the MITTI OF THE MOTHERLAND. The importance of celebrating MERI MAATI, MERA DESH was explained to the students and then did the tribute along with taking Pledge by holding MITTI in hand, in front of our National Flag.

Vasudha Vandhan (Planting 75 Saplings): "The ongoing 'Vasudha Vandan' endeavour, where 75 native saplings are being planted, contributing to the creation of an Amrit Vatika during the Amrit Mahotsav of Independence."

In continuation of preparing to celebrate the Independence Day meaningfully, our Students from lower primary section participated in planting at home and sharing the photos. They were given an input about the significance of care for the nature and

about the 'Meri Mati Mera Desh' campaign which endorses the spirit of eternal freedom and kindle our love for the motherland.

Three of our students won the Calendar Painting Competition at the Unakoti District Level to celebrate the "75 Seemanta Gram Kranti Viro Ke Naam" under the aegis of Azadi Ka Amrit Mahotsav.

Flag Hoisting and Rastragaan: As part of 'Har Ghar Tiranga 2023' on Sunday (13.08.2023) Sr. Santan Nago Fs hoisted the flag and on Monday (14.08.2023) Fr. Lancy D'Souza, the Manager of the School, hosited the flag and gave the motivating speech on honoring and loving our Motherland India. Followed by Special Assembly with march past was conducted.

Initiated by the SDM of Kumarghat, Shir. Subrata Kr. Dash we had a cleaning drive. The students and Staff participated with much enthusiam. Board decoration, Singing and Dance competitions were held and the student gave their best. Our School performed patriotic dance, at the Independence Day event organized at Kumarghat Sub-Division. Happy Independence Day!



Holy Cross school, Kumarghat Happy Independence Day 2023



15.08.2023

Flag Hoisting







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As a School, we too participated with the dance performance at the Independence Day event organized at Kumarghat Sub-Division. Happy Independence Day!









Honoring the Freedom Fighters and Leaders.















Holy Cross school, Kumarghat Happy Independence Day 2023



Independence Day Cultural Events

















Happy Independence Day













Holy Cross school, Kumarghat Happy Independence Day 2023



'Har Ghar Tiranga'

























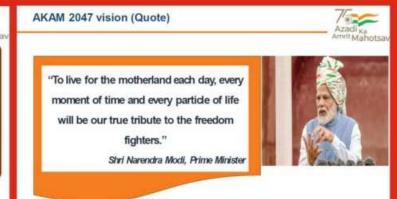












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Make India a developed nation.

Root out all traces of a slave mindset.

Be proud of India's rich culture and tradition.

Work for the unity and integrity of India.

Fulfill the duties of citizens.

Honor those who defend the nation.

Work to fulfil the dream of a developed India in 2047.









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CERTIFICATE

OF APPRECIATION

PRADIP DEY

























Vasudha Vandhan (Planting 75 Saplings).

11.08.2023

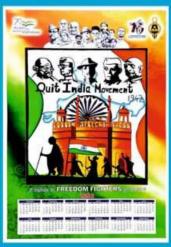
"The ongoing 'Vasudha Vandan' endeavour, where 75 native saplings are being planted, contributing to the creation of an Amrit Vatika during the Amrit Mahotsav of Independence."

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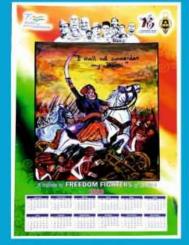
Congratulation to our Winners.



Rupsha Chakraborty



Preetam Sil



Nirjara Debnath



Three of our students won the Calendar Painting Competition at the Unakoti District Level to celebrate the "75 Seemanta Gram Kranti Viro Ke Naam" under the aegis of Azadi Ka Amrit Mahotsav.



Various Programs conducted on 14th of August as part of Independence Day Celebration

14.08.2023

Flag Hoisting and Rastragaan

As part of 'Har Ghar Tiranga 2023' yesterday Sunday (13.08.2023) Sr. Santan Nago Fs hoisted the flag and today Monday (14.08.2023) Fr. Lancy D'Souza CSC, the Manager of the School, hoisted the flag and gave a motivating speech about honouring and loving our Motherland India. Followed by Special Assembly with march past was conducted.













Variety competitions were held and the student gave their best































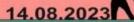








Various Programs conducted on 14th of August as part of Independence Day Celebration





Cleaning Program, Kumarghat Sub-Division

Initiated by the SDM of Kumarghat, Shri. Subrata Kr. Dash, we had a cleaning drive in Kumarghat. The students and Staff participated with much enthusiam.



















Board Decoration by various Houses









"A Life of Joy and Happiness is possible only on the basis of knowledge"

Teachers' Day celebration was grandly celebrated on September 5th in our school. The programme was held in the school hall which was beautifully decorated by the students. This special programme started with a brief speech on Sarvepalli Radhakrishnan and explained the significance of Teachers' Day followed by a warm greeting by Fr. Lancy to all the teachers on behalf of Holy Cross Educational Foundation.

Fr. Lancy D'Souza, our school manager and Mr. Pobitro Debnath, the BJP President of Unokoti District was invited as the chief guest of the programme. The guest was welcomed with flowers and gifts. Our principal, Fr.

Lourdu inaugurated the programme by lighting lamp along with the guests, afterwhich the special programme by the students of different classes started.

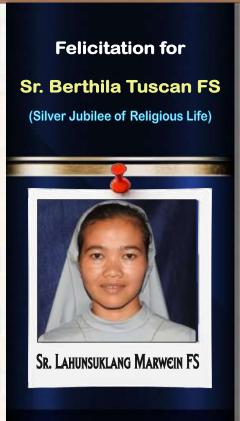
For the students of Class I to V had the programme from 9 am to 10 am and for the students of Class VI to X had the programme from 11 to 12:30 pm. The students performed various cultural activities like dance, song, recitation, drama, etc. A student of Class II and Class X also delivered a beautiful speech on Teachers Day by showing their love and gratitude for their teachers made the programme very memorable.

The principal appreciated the performance of the students and the teachers for giving their efforts in making the programme a successful one. Sweets and chocolates were distributed among the teachers and students. Finally, the programme came to an end by singing the National Anthem.

It was indeed a wonderful Teachers Day celebration for all of us.





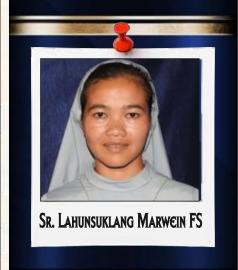




It is my immense joy and privilege to note down few words about Sr. Berthila Tuscan. Lord, we thank you for the gift of Sr. Berthila, the Head mistress of Holy Cross School, Kumarghat. Above all we thank you for the gift of Sr. Berthila as she celebrates her silver Jubilee Year. She is a wonderful person who is blessed with many potentialities and talents. 25 years ago, Sr. Berthila dared to answer God's call and joined the Congregation of the sisters of Our Lady of Fatima. She completing her graduation and B.Ed, she worked for three years as a teacher in Vasai, Bombay. She made her first profession in the year 1998. During her 25 years of service she has been working in different places like Bombay along with the S.V. D fathers then she was transferred to Latur, in Maharashtra, Karbianglong in Assam, Meghalaya in Umden, Agra, Aligarh in Utter Pradesh, Pune in Maharashtra and now at present Kumarghat in Tripura.

Sr. Berthila has been always entrusted with many responsibilities of being Headmistress in different schools and superior of the house in Barama for three years. Sr. Berthila carried out the worked and responsibilities with love and commitment and she allows God to flood her life with His power. Therefore, we see her deeply peaceful, firm and strong, always in quest of God's will we discover God's touch in her life and in the varied experiences that have moulded her life. Dear sister we wish you love, success and strength in your coming years.

Holy Cross Feast Day Celebration



"How we educate the mind will change with the times; how we cultivate the heart is and will remain timeless."

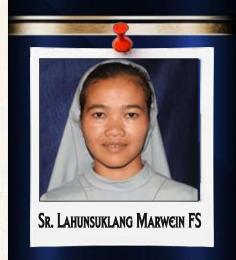
- Blessed fr. Basil Anthony Mary Moreau

This year, the Congregation of Holy Cross marks the 150th death anniversary of their founder Blessed Basil Anthony Mary Moreau. To commemorate this significant and important year, the Family of Holy Cross School, Kumarghat celebrates this event in a very grant and meaningful way. The program began with the power point presentations on the life and works of Blessed Mary Moreau which highlighted the need for healthcare, education and spiritual growth especially to the people of France after the French Revolution, inspired by the model of Holy Family. He started the Congregation of Priests, Brothers and Sisters. He dedicated the congregation under the patroness of Our Lady of Sorrows. We are privileged that Holy Cross fathers are serving us by educating the hearts and mind of the students, as well as the teaching faculties and the local guardians. A short cultural program was organized to show respect and honour to the fathers on their feast day. Fr. George Jacob, the Secretary of Holy Cross Education Foundation graced the occasion of the special day and presented a beautiful and inspiring message on their founder Blessed Basile Anthony Moreau. He briefly explained the vision and mission they under take in different states and other countries. The special invites of the program were Fr. George Jacob, the secretary of HCEF, Fr. Lancy D'Souza the manager, MC Sisters and Fatima sisters. The students of class VI to class X were present for the program, the students presented various entertaining program like dances, songs and orchestra.

There was also a facilitation of the winners and certificate distribution to all the teachers who attended various session at Agartala. This year Sr. Berthila is celebrating her Silver Jubilee we wished and congratulated her. The Program went on well and at the end lunch was provided to all.



Holy Cross Feast Day Celebration





















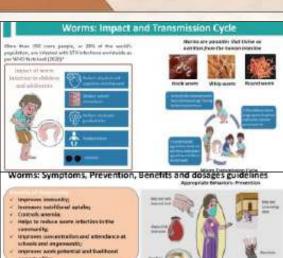




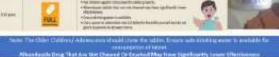
Mukha Mantri Sustho Shaishov Sustha Koishore Abhiyaan (MSSSKA)



Keeping this in mind with due dignity like every year this year also we observed the "Implementation of Mukha Mantri Sustho Shaishov Sustha Koishore Abhiyaan (MSSSKA) as per the circular issued by the National Health Mission and Government of Tripura on 21st September 2023. Students were distributed the Iron Folic Medicines in the classes and were made to eat as well. Students from classes 1 to 10 were given medicines in their own classrooms.







Vitamin-A deficiency (VAD) provalence in India is 17.54%. The highest prevalence of VAD is in the northeast region (19.56%), while the lowest in west region (11.42%).

Impact of Vitamin-A deficiency:

Causes visual impairment in the form of night blindness and may increase the risk of liness and death from childhood infactions, including measles and those causing

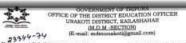
age in settings where stramar A defedency is a public health problem.











Dated, Kailashahar,the 04.09.2023

ses, Privately Managed recognised & un-recognised including TTAADC) under

Now, all the Inspectors of Schools under Unakoti District are also students, teachers, guardisms, SMC members & PRI members on implementation of

Aroulog 13 (P.Kilikdar) District Education Officer(I/C)

Unakoti District, Kailashahar 1. The HM/AHM/TIC

The 118t/AMM/INC. Strong for information and necessary action accordingly. The inspector of Schools, Kailashahar/Chsandipur/Gournagar/ Kumarghar/ Perhantal for information with a request to circulate the contents of the memo to all schools (including Privately Managed recognized & un-encognized) under this installed in the propagatory articles.

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Copy forwarded to:

1. The District Magistrate & Collector, Unakoti District, Kailashahar for favour of kind 2. The Chief Medical Officer, Unakou District Kailashahar for kind infor

মুখ্যমন্ত্ৰী সৃস্থ শৈশব - সৃষ্ণ কৈশোর অভিযান ৫.০ পরিবের প্রদানকারীদের (মাপা, অলনভয়তি কবী, প্রস্থাকরী, বিদ্যালয় শিক্ষক) ফান বিবেশিকা

Chandrayaan-3 Report from Science Club SIR. APU KUMAR ROY

"That's one small step for a man, one giant leap for mankind."

- Neil Armstrong

It is a joyous occasion and a matter of pride for Indians across the globe. The nation's third lunar mission, Chandrayaan 3, which had a successful lift-off by ISRO from the Satish Dhawan Space Centre in Sriharikota, Andhra Pradesh, on July 14, 2023, in a mission to understand the Moon, successfully landed on the lunar surface on August 23 at 6:04 p.m.

This historic landing makes India the fourth country to have landed on the Moon after the United States of America, China, and the Soviet Union (Russia).

To celebrate this auspicious occasion and to facilitate a better knowledge among the school children regarding this mission, Science Club of Holy Cross School, Kumarghat had organised a small seminar on Chandrayaan 3 on 17–08–23. In this seminar a total number of 50 students from Class VI to IX had actively participated.

There was an audio-visual representation and demonstration of Chandrayaan 3 Mission. I believe that through this seminar our students could learn from each other, raise their willingness and abilities in the world Space & Satellites so as to find beauty in education.



Waste Management Program Report from Eco Club

SIR BIPRADIP CHAKRABORTY

Introduction:

The Eco Club at Holy Cross School, Pabiacherra, Kumarghat has been actively engaged in promoting environmental awareness and sustainability among students. One of our key initiative this year is'the Waste Management Program', which aimed to educate and involve students in responsible waste disposal and recycling practices. On 26th September, 2023 we organized a waste management pledge-taking event along with a chart paper to foster a sense of commitment towards environmental conservation.

Event Details: Date of the Event: 26th September, 2023

The event commenced with a special assembly where students from each class were gathered.

The eco club teacher, SirBipradipChakraborty, explained the importance of responsible waste management and its impact on the environment.

Each class took a pledge led by their respective class representatives to commit themselves to reducing, reusing, and recycling of waste.

The pledge emphasized reducing single-use plastics, segregating waste, and participating actively in school recycling initiatives.

Following the pledge-taking ceremony, students from ECO CLUB created charts related to waste management.

The students showcased various aspects of waste management, including the 3Rs (Reduce, Reuse, Recycle), composting, and the harmful effects of littering.

The charts were displayed prominently around the school to raise awareness among the entire school community.

Results and Impact: The Waste Management Program was a resounding success, with several positive outcomes:

<u>Increased Awareness:</u> Students gained a deeper understanding of the importance of waste management and its role in protecting the environment.

<u>Sense of Responsibility:</u> By taking the pledge, students demonstrated their commitment to becoming responsible stewards of the environment.

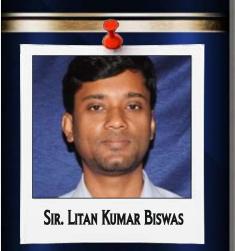
<u>Creative Expression:</u> The chart paper activity allowed students to express their ideas creatively and visually, making the topic more engaging.

<u>School-wide Awareness:</u> The visually appealing charts served as a constant reminder to the entire school community about the significance of waste management.

By committing to responsible waste management practices, our students have taken a significant step towards a greener and more sustainable future. The Eco Club remains dedicated to fostering a culture of environmental consciousness within our school and beyond.



75 SEEMANTA GRAM, KRANTI VIRO KE NAAM



"A picture is a poem without words" Horace



Government of Tripura Education (School) Department organized - "75 SEEMANTA GRAM, KRANTI VIRO KE NAAM" title Calendar making and essay writing competition. School level competition was held at 12:00 pm in the hall of Holy cross School, Kumarghat. On the first and second day of the program i.e., 24th and 25th July 2023 under the guidance of Sir Apu Kumar Roy, the students of class-ix and class-x standard wrote an essay in 400 words on the topic "Role of students in India Independence".

A total number of 55 selected students under Group-A (Class-6,7,8) and Group-B (Class-9,10) participated in the Calendar making competition on the third day of the program i.e., 31st July 2023 at 12:00 pm.

Under the guidance of Sir Litan Kumar Biswas, students drew pictures on the following topics: Group A 1) Dandi March. 2) Rani Laxmibai in battle field.

Group B 1) Quit India Movement. 2) Revolt of 1857

All the participants beautifully expressed their thoughts on paper through painting. Each one of them has been able to put their own stamp on their paintings. So, among the top 10 in District level (Unakoti) Group-A -Rupsa Chakraborty of Cl-VIII secured second position and Nirjara Debnath of Class-VIIsecured thefourth position and among the top 10 in Group-B- Pritam Sil of Cl-X secured the third position. The Government of Tripura Education (School) Department distributed the prizes and certificates to the winners at a district level prize distribution ceremony at Unakoti Kalakshetra (Small Hall), Kailashahar on 13th August 2023 (Sunday) at 12:00pm.

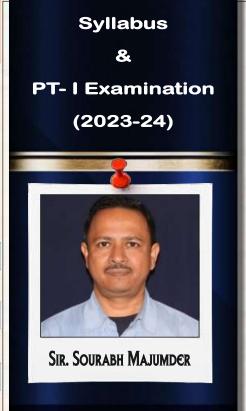
The Headmistress Sr. Berthila FS and all the teachers felt very happy and proud of the success of the students of the school. The principal of the school Fr. Lourdu congratulated the winning students and the guide teachers through congratulatory letters and he also thanked the Government of Tripura Education Department for taking such a great initiative and giving opportunity to the students of Holy Cross School, Kumarghat.

Eco Club of Holy Cross School, Kumarghat organizes various programs to increase environmental awareness among the students. As a part of this awareness programme, a Painting competition was held on Saturday, 5th August 2023. Students from class-V to class-X participated in the Painting competition. The topic of the painting Competition was "Save the Environment".

In an interview, Eco Club coordinator Sir Bipradip Chakraborty said that all the participants brought out awareness on protecting the environment in a very beautiful way through their paintings. He congratulated the three winners namely- Barna Debnath (Classix), Rupsha Chakraborty (Class-Viii) and Sonakshi Dey (Class-V).

He wished a bright future to all participating artists and appealed to them to apply the advice given through drawing in their real life.





Holy Cross School Pabiacherra, Kumarghat, conducted four exams for classes Nursery to X in the session (2022-23). This session (2023-24) also four exams will be conducted. Nursery to class VIII will have PT-I, Half-Yearly, PT-II and Annual Exam. Class IX and X will have PT-I, PT-II, PT-III and Final Exam. For class X, one Pre-board exam (Selection test) also will be conducted before the Board Final Exam.

Syllabus and question pattern of every subject for all the exams of classes Nursery to X of this session (2023-24) was given to the students group. CBSE board syllabus will be strictly followed for annual exam of class-IX and X. Holy Cross Education Foundation (HCEF) has prepared the common syllabus for Classes—I to X.

PT-I exam of classes Nursery to class-X was conducted from 10th July to 17th July and result of PT-I was declared on 28th July 2023. Half yearly exam of classes Nursery to class-VIII and PT-II exam of classes IX and X will be conducted in the month of October 2023.

All the processing work for PT-I exam was done by Exam Committee. Exam Committee in our school is authorized to conduct examinations and make policy decisions with regard to organizing and holding examinations, improving system of examination and also preparing the schedule of examinations. Exam committee deals with all the matters in relation to any kind of examination.

Exam committee conducts pre-exam meeting along with the headmistress with regards to smooth conduction of examination, question paper setting, invigilation duty chart, seating plan, attendance record, evaluation of answer sheets, preparing report card and declaration of result. During the meeting exam committee make sure that all stationeries like answer sheet, drawing sheet, graph, map, thread etc. are available. Exam committee prepares timetable of the exam schedule provided by Holy cross education foundation (HCEF). Subject teachers prepared two sets of question paper for each subject for PT-I exam.

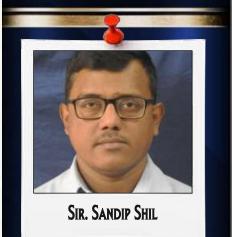
Exams are conducted to assess the performance of the students in between the session. It is based on a combination of theory exam, internal assessment and practical assessment. The goal of every exam is to evaluate the students. We show the answer sheet of primary and preprimary students to their parents and

higher classes answer sheet to the students only in the class. Report card for every exam is given to the parents. After every exam, exam committee submits a report to the principal. Exam committee also keeps all the records of each issue related to the examination.

Answer sheets of PT-I exam 2023 had been shown to the parents and students on 22nd July 2023. Report card of PT-I exam of class Nursery to VIII was given to the parents and students on 28th July 2023. For Classes-IX and X, result was given on 5Th August 2023 after a brief meeting of parents and teachers. Parents individually along with We met parents of each student individually along with the student and explain the result after that report cards were distributed.



Physical Activity & Quality of Life



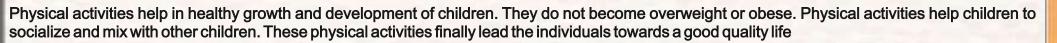


Physical activity means any moment of the body that uses energy. Walking, dancing, running, swimming, yogasana or playing any game etc are examples of physical activity. Exercise is a type of physical activity but not every physical activity is an exercise. As a matter of fact, exercise is a planned, structured and a repetitive activity for the purpose of enhancing or maintaining physical fitness and health.

Quality of life means how you live your life and how healthy you are. If you are healthy and enjoying your life then it can be said that you have a good quality of life. Quality of life depends on how well an individual is living and not just existing. Regular physical activities play a significant role in promoting the quality of life. Physical activities help the individuals to remain active and the individual who led an active life is more likely to live longer and less diseases.

Physical activities help in improving the quality of life in the following ways: -

- 1. Physical activities reduce the risk of heart diseases and stroke.
- 2. Physical activities enhances the mental health of individuals by relieving anxiety, anger and depression.
- 3. Physical activities help in controlling body weight.
- 4. Physical activities help in to reduce the chances of cancer and diabetics.
- 5. Regular exercise help in preventing bone and joint problems.
- 6. Lastly, physical activities prolong optimal health and reduce the rise of illness or diseases.

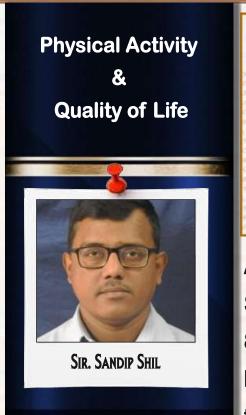


Games and sports give ample opportunities to learn ethical values. The students can develop desirable ethical values such as leadership discipline, obeying the rules, equal opportunities, determination, hard work, fair play cooperation and mutual respect. They develop the sportsmanship qualities as well as ethical values. It develops the integration not only amongst the players but also the whole community as well

In our school, we have regular sports /games period for all classes at least once a week. Upper classes have two periods in a week - theory and practical. The school authority encourages the students to develop the ethical values through games and sports. On 19 August 2023, football boys' team and a throw ball girls' team, had gone to Kathalcherra, Holy Cross School ground to participate in the match which was organised by the Peace Club. On that one-day tournament, participants from Holy Child School,82 miles, Holy Cross School, Kathalcherra and Holy Cross School, kumarghat came together and we enjoyed the whole day with sportsmanship spirit. This tournament was organized by an NGO named JUST.











Anadrita Choudhury, a student of Class IX, got the first position in State Level Sports competition held on 10th Sep,23 at Kamalpur in two events- 400m and 800m run. She may participate in National level in the near future. We wished her for bright future and honored her in our level best. udents by a trained teacher from 19th to 26th September,2023.



School Band: From 19th September an intense training was given to the School Band. Mr. Tankachan, a professional band master from Kerala, trained our students. The school band will continue its practise in the coming days.



