



Vol. 3 Edition 11

THE NEWS LETTER

MARCH  
2024

# The Jain International School, Chhatrapati Sambhajinagar

## RISE AND SHINE

### EDITORIAL

Embracing the Dawn: The Power of "Rise and Shine" in School

The power of "Rise and Shine" extends beyond the individual to the collective spirit of our school community. It fosters a culture of support and encouragement, where we celebrate each other's successes and lift each other up in times of need. It reminds us that we are not alone in our journey but part of a larger tapestry of shared experiences and aspirations. As we embrace the dawn each morning, let us remember the significance of "Rise and Shine" in shaping not only our school experience but also our lives beyond these walls. Let it be a guiding principle that empowers us to face adversity with resilience, to pursue excellence with passion, and to spread light wherever we go. Together, let us rise and shine, illuminating the path to a brighter future for ourselves and for generations to come.

### MARCH ALMANAC

Date	Day	Event
1st	Fir	Zero Discrimination Day, World Civil Defence Day, Self Injury Awareness Day
3rd	Sun	World Wildlife Day, World Hearing Day
4th	Mon	Employee Appreciation Day, National Safety Day, World Obesity Day
7th	Thu	Jan Aushadhi Diwas
8th	Fri	International Women's Day
9th	Sat	No Smoking Day
10th	Sun	CISF Raising Day, World Kidney Day
12th	Tue	Iqbal Day, Legal Services Day, Mauritius Day
13th	Wed	World Rotaract Day
14th	Thu	Pi Day, International Day of Action for Rivers
15th	Fri	World Consumer Rights Day
16th	Sat	National Vaccination Day
18th	Mon	World Sleep Day, Global Recycling Day, Ordnance Factories Day (India)
20th	Wed	International Day of Happiness, World Sparrow Day, World Oral Health Day
		UN French Language Day, World Day of Theatre for Children and Young People World Head Injury Awareness Day
21st	Thu	World Forestry Day, World Down Syndrome Day, World Poetry Day, The International Day for the Elimination of Racial Discrimination World Puppetry Day
22nd	Fri	World Water Day
23rd	Sat	World Meteorological Day, Martyrs Day
24th	Sun	HOLI, World Tuberculosis (TB) Day International Day for the Right to the Truth concerning Gross Human Rights Violations and for the Dignity of Victims
25th	Mon	International Day of the Unborn Child International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade
26th	Tue	Purple Day of Epilepsy
27th	Wed	World Theatre Day

### MARCH HIGHLIGHTS

## JT GRADUATION DAY

Graduation is an exciting time. It is both an ending and a beginning. It is a warm memory of the past and big dreams for the future".

The school organised a Graduation Ceremony for the toddlers on 23rd March 2023. The Chief Guest on the occasion was Ms Sonal Ladniya Principal of Creyon preschool. The celebration commenced with the welcome of the Chief Guest by Principal Ms. Shikha Srivastava. It was followed by lamp lighting and Saraswati Vandana . The principal, in her address, highlighted the vision of the school and role of parents and teachers in the students' learning process and also presented the JT Annual report. The graceful dancers of Jain toddlers left everyone spell bound with their melodious welcome song and mesmerising dance performance. The Chief Guest addressed the gathering and stressed on the importance of being patient and receptive with the children. The most important part of the day- Graduation Ceremony began with the tiny tots of Pre Primary dressed in Graduation robes and caps walking the stage. The Principal and the Chief Guest felicitated the students with trophies and certificates of graduation. Super achievers of the session 2023-24 were applauded and felicitated for their commendable performance in the year.

The event was backed up efficiently by the Vice-Principal. The programme concluded with the vote of thanks by the toddlers teacher.









Message from  
The COO

RISE  
AND  
SHINE



COO

Ms. Shikha Srivastava

Dear Students, Faculty, and Staff,

As we gather to commence another day of learning and growth, I am reminded of the incredible potential that lies within each of us. Today, I urge you to embrace the opportunity before us with vigor and determination.

"Rise and Shine" is not just a phrase; it's a call to action. It's a reminder that every morning, we are presented with a chance to awaken our minds, ignite our passions, and illuminate the path to success.

In the face of challenges, let us rise above adversity with resilience and fortitude. Let us approach each task with enthusiasm and dedication, knowing that with perseverance, we can overcome any obstacle.

But rising is only half the journey; shining is equally essential. Shine with integrity, kindness, and empathy. Let your actions illuminate the world around you, leaving a positive impact that inspires others to do the same.

Together, let us make today extraordinary. Let us seize every moment, embrace every opportunity, and strive for excellence in all that we do.

So, my dear students, faculty, and staff, I encourage you to heed the call to "Rise and Shine." Let your light illuminate the path to greatness, and together, let us make our school community proud.

With warm regards,

Heartwarming Farewell at Jain International School Chh. Sambhajinagar On March 12th, 2024, The Jain International School witnessed a heartwarming farewell event, as Grade 9 students bid adieu to their seniors from Grade 10. The event was a testament to the cherished bonds formed within our school community and marked a poignant moment of transition for our beloved students.

The evening was filled with music, dance, and a variety of captivating programs that showcased the talent and camaraderie among our students. From soulful performances to lively dances, every act resonated with the spirit of unity and celebration. As tokens of appreciation and remembrance, heartfelt gifts were exchanged, symbolising the enduring friendships and memories created during their time together at School. Additionally, a delightful cake cutting ceremony added sweetness to the occasion, while a sumptuous dinner provided an opportunity for everyone to come together and share in the joyous festivities.

This farewell event not only honoured the achievements of our Grade 10 students but also served as a poignant reminder of the lasting impact they have had on our school community. As they embark on new journeys and pursue their dreams, COO and Principal Mrs. Shikha Srivastava ma'am wished all the outgoing students success and happiness in their future endeavors.





8th March is internationally celebrated as the "International Women's Day". It is an important occasion for all of us to pause for a moment to reflect on ourselves, to appreciate how much has been done and what more needs to be done in the field of gender equality. Moreover, it is the day to acknowledge all the men and women in the world for making this world a better place for everyone to live in. On this occasion the male staff of 'The Jain International School'- Chh. Sambhajinagar with the guidance of the respected Principal organised a beautiful program in the school auditorium for the female staff to mark this day. Auditorium was very well decorated by the male teachers. Women's Day celebration began with a beautiful and thoughtful prayer along with the lighting of lamp by our respected Principal - Mrs Shikha Srivastava ma'am. The entire programme of the day was compered by Waseem sir. There were few quotes and speeches given by the male staff members that highlighted the importance of women, the role of women and her greatness in every sphere of our life. The gathering was extended with a gracious welcome, and a graceful dance by the entire male staff. Our music sir sang a beautiful song in praise of the women. A special gift was presented to each teacher along with the snacks. A beautiful video which had photos of all the female teachers was played. A special 'selfie stand' was arranged for teachers to take selfies. Everyone wished that our principal ma'am should sing a song in her beautiful voice. So on every body's request ma'am sang a beautiful song. The program concluded with cutting of the cake. The female teachers were delighted by all the surprises given to them. All the teachers enjoyed the event and really felt special.



On 9th March 2024 the students of THE JAIN INTERNATIONAL SCHOOL, Chh sambhaji Nagar displayed an extraordinary Nukkad Natak on the Blood donation awareness in the ambience of the Reliance Mall, Garkheda. The play attracted and stunned the bystanders and was shown twice on different floors. Apart from the wonderful Presentation the students stressed on donating blood on 14th June as mark of World Blood donor day. The event was supported by the Principal of the school Ms Shikha Srivastava Ma'am and the gatherers.



The Jain International School, Chh. Sambhaji Nagar, organized the PTM on 30th March 2024, Saturday from 8.30 am to 11.30 am. The event witnessed around 90% attendance thus displaying enthusiastic interest among parents to know about the final result of their wards and to know about the details of the new academic year. The teachers briefed the parents about their ward's performance during the 2nd term. Together they identified the areas of strength and weakness of the child and sorted out ways to boost the child's performance in the upcoming year. Parents were encouraged to appreciate student's participation in all academic activities. This helped to create the necessary consciousness among parents to stimulate their interest in the students and the school. They gave their view points and suggestions to teachers regarding the school and its development. Main highlight of the PTM was the personal letters written by all the class teachers for each child of their respective classes. Students were very happy to receive the personal letters from the class teachers and parents appreciated this kind gesture positively. The meeting helped to create better understanding between parents and teachers and build harmonious relationship between the school and the community.





In a celebration of creativity, innovation, and scientific inquiry, The Jain International School Chh. Sambhaji Nagar recently hosted its Intra-School Science Exhibition Competition Awards Ceremony. The event, held in the school, showcased the remarkable talents and achievements of budding scientists and inventors across various grade levels. With enthusiasm and pride, the winners of the competition were honored with an array of medals and certificates. The awards were presented to students who demonstrated exceptional skills in designing, executing, and presenting their science projects by respected Principal of the school Ms. Shikha Srivastava Ma'am.



A fruitful session was conducted at The Jain International School, Chh Sambhaji Nagar for the students of grade 1 to 10 on 6th March 2024, Wednesday. Session was conducted by Sadhika Dr. Pragbha Viraat. Ma'am is one of the most inspiring spiritual motivational speaker and trainer in India. She is also an experienced behavioral psychologist. She wants to bestow the society all the knowledge that she received from her beloved Gurus to benefit mankind. Her vision is to focus on children and youth as she believes that changes inculcated at young age become foundation of their lives and this in turn will go a long way in building magnificent future generations. Mam talked about four roles each student had to play - role as a child, as a student, as a friend and as a responsible citizen. Ma'am guided the students to always possess the qualities of being thankful, helpful, caring, loving and being kind to all the people around them. She very well presented the small sutra as of life giving various simple and basic examples with which the students got connected. During the session all the students paid attention and listened carefully. Students also interacted well when asked. All the students loved the session a lot and had so many takeaways to enhance their personality. Our respected principal Mrs Shikha Srivastava ma'am, thanked ma'am for such an effective and wonderful session.







## RISE AND SHINE

In a world often characterized by hectic schedules and constant demands, finding moments of peace and productivity can seem like an elusive dream. The concept of "rise and shine" encapsulates more than just waking up early; it embodies a mindset of embracing the new day with enthusiasm and purpose. It's about setting intentions, practicing gratitude, and engaging in rituals that nourish the body, mind, and soul. One of the most significant benefits of embracing the morning hours is the opportunity it provides for personal growth and self-care. By taking out time for activities such as meditation, journaling, or exercise, we can lay the foundation for a day filled with clarity, creativity, and resilience. Whether it's a few moments of silent reflection or a morning walk, these rituals help center our minds and energize our spirits, empowering us to tackle whatever challenges lie ahead. Moreover, the early hours offer a sense of tranquility that is often absent during the rest of the day. It's a time for introspection, where we can cultivate a sense of inner peace and alignment with our values and goals. Of course, embracing the "rise and shine" lifestyle requires commitment and discipline. It may mean sacrificing late nights or resisting the allure of hitting the snooze button. However, the rewards far outweigh the sacrifices. By making a conscious choice to prioritize our well-being and start each day with intention, we open ourselves up to a world of possibilities and potential. So as the sun wakes up from its slumber, let us wake ourselves to a dream like reality which has all the tranquility one deserves in his life. For when we rise and shine, we illuminate not only our own lives but also the world around us with the radiance of possibility...

NAKSHATRA WAGAONKER

## JUST RISE UP AND SHINE !!!

As students, you hold the power to shape your own destiny and make a lasting impact on the world around you. In the face of challenges and uncertainties, remember these words: just rise up and shine.

**Embrace Strength:** School life comes with its share of ups and downs. From challenging assignments to personal struggles, resilience is your greatest ally. When faced with adversity, rise above it. Let every setback fuel your determination to succeed.

**Unleash Your Potential:** Within each of you lies a unique set of talents and abilities waiting to be unleashed. Don't underestimate your potential. Pursue your passions, explore new opportunities, and dare to dream big. The world is yours for the taking.

**Build Confidence:** Believe in yourself and your abilities. Confidence is the key to unlocking your full potential. Celebrate your achievements, no matter how small, and let them fuel your self-assurance. With confidence as your companion, there's nothing you can't achieve.

**Adopt an Empowering Mindset:** Your mindset shapes your reality. Choose optimism over pessimism, courage over fear, and perseverance over giving up. See challenges as opportunities for growth and learning. With the right mindset, every obstacle becomes a stepping stone on your path to success.

**Take action:** Dreams are great, but they're nothing without action. Set goals, make plans, and take decisive steps toward your aspirations. Don't wait for opportunities to come to you—go out and create them. Remember, your future is in your hands.

**Conclusion:** As you navigate the twists and turns of your academic journey. The world is waiting to be illuminated by your brilliance. With these principles as your guiding light, there's no limit to what you can achieve. So go forth, friends, and let your light shine bright.

SONAKSHI JADHAV



महाराष्ट्र स्पोर्ट्स संमिश्र  
गुरुवार, २८ मार्च २०२४ | ५  
maharashtra.sports22@gmail.com  
Powered by Hasti Public School, Dondaicha, Dist - Dhule (MS) - 425408



## महाराष्ट्र एरोबिक संघास सर्वसाधारण विजेतेपद राष्ट्रीय एरोबिक जिम्नॅस्टिक्स स्पर्धा : १५ पदकांची कमाई

**छत्रपती संभाजीनगर :** तमू येथे झालेल्या राष्ट्रीय एरोबिक जिम्नॅस्टिक्स स्पर्धेत महाराष्ट्र संघाने उत्कृष्टता दाखविली. एकूण १५ पदकांची कमाई करत सर्वसाधारण विजेतेपद पटकावले. यात याता सुभाषी, साहा रोष व जैन अरुण पदकांचा सयावडा आहे.  
महाराष्ट्र संघातील सुर्व सौरभे, मयराज गुरुवार, रिद्धी मेहत, आर्य शहा या खेळाडूंनी सुवर्णपदक जिंकले. या स्पर्धेत अख्येतान आताच जिम्नॅस्टिक्स माराध्य व तमू व बायबोर जिम्नॅस्टिक्स अरुणगिराज चौक गुरुवार विद्यमाने कामकाज आहे. या स्पर्धेत या. मकरंद जेठे, आर्य शहा या खेळाडूंनी सुवर्णपदक जिंकले. या स्पर्धेत अख्येतान आताच जिम्नॅस्टिक्स माराध्य व तमू व बायबोर जिम्नॅस्टिक्स अरुणगिराज चौक गुरुवार विद्यमाने कामकाज आहे. या स्पर्धेत या. मकरंद जेठे, आर्य शहा या खेळाडूंनी सुवर्णपदक जिंकले. या स्पर्धेत अख्येतान आताच जिम्नॅस्टिक्स माराध्य व तमू व बायबोर जिम्नॅस्टिक्स अरुणगिराज चौक गुरुवार विद्यमाने कामकाज आहे.

महाराष्ट्र संघातील सुर्व सौरभे, मयराज गुरुवार, रिद्धी मेहत, आर्य शहा या खेळाडूंनी सुवर्णपदक जिंकले. या स्पर्धेत अख्येतान आताच जिम्नॅस्टिक्स माराध्य व तमू व बायबोर जिम्नॅस्टिक्स अरुणगिराज चौक गुरुवार विद्यमाने कामकाज आहे. या स्पर्धेत या. मकरंद जेठे, आर्य शहा या खेळाडूंनी सुवर्णपदक जिंकले. या स्पर्धेत अख्येतान आताच जिम्नॅस्टिक्स माराध्य व तमू व बायबोर जिम्नॅस्टिक्स अरुणगिराज चौक गुरुवार विद्यमाने कामकाज आहे.

महाराष्ट्र संघातील सुर्व सौरभे, मयराज गुरुवार, रिद्धी मेहत, आर्य शहा या खेळाडूंनी सुवर्णपदक जिंकले. या स्पर्धेत अख्येतान आताच जिम्नॅस्टिक्स माराध्य व तमू व बायबोर जिम्नॅस्टिक्स अरुणगिराज चौक गुरुवार विद्यमाने कामकाज आहे. या स्पर्धेत या. मकरंद जेठे, आर्य शहा या खेळाडूंनी सुवर्णपदक जिंकले. या स्पर्धेत अख्येतान आताच जिम्नॅस्टिक्स माराध्य व तमू व बायबोर जिम्नॅस्टिक्स अरुणगिराज चौक गुरुवार विद्यमाने कामकाज आहे.

महाराष्ट्र संघातील सुर्व सौरभे, मयराज गुरुवार, रिद्धी मेहत, आर्य शहा या खेळाडूंनी सुवर्णपदक जिंकले. या स्पर्धेत अख्येतान आताच जिम्नॅस्टिक्स माराध्य व तमू व बायबोर जिम्नॅस्टिक्स अरुणगिराज चौक गुरुवार विद्यमाने कामकाज आहे. या स्पर्धेत या. मकरंद जेठे, आर्य शहा या खेळाडूंनी सुवर्णपदक जिंकले. या स्पर्धेत अख्येतान आताच जिम्नॅस्टिक्स माराध्य व तमू व बायबोर जिम्नॅस्टिक्स अरुणगिराज चौक गुरुवार विद्यमाने कामकाज आहे.

Heartiest congratulations dear Riya

Riya Naphade, the outstanding Student of 'The Jain International School', Chh Sambhaji Nagar studying in Grade 9, bagged 1 gold and 1 silver medal in National level aerobic gymnastic competition at Jammu. This national level competition was held at Jammu and Kashmir in which Maharashtra team got 15 medals and also achieved overall general Championship in the tournament. Riya Naphade of 'The Jain International School' got 2 medals for the Maharashtra team. Riya Naphade has been committed to the sport of gymnastics. She has a reputation in the gymnastics community for being a positive, energetic and supportive performer.. She is a champion of gymnastics and a role model for the young girls and she creates a positive impact on “whole person” development. Riya enthusiastically shares her love and belief in the sport with her fellow gymnasts. Riya was appreciated and congratulated by the respected principal ma'am, Mrs Shikha Srivastava for bringing laurels to the school consistently. Ma'am also encouraged Riya and wished her success for the future events.

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**SAMARTH DATANGE**  
Grade :- I

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**RISHITA WAYBASE**  
Grade :- I

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**DIVYANSH KAKDE**  
Grade :- I

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**SHREVASH MORE**  
Grade :- II

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**SANVI JADHAV**  
Grade :- II

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**SACHI KOTHARI**  
Grade :- II

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**VEDASHRI DARRE**  
Grade :- III

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**SHUBHRA PARBHANE**  
Grade :- III

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**RUTHVIKA NUNE**  
Grade :- III

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**MRUNMAYEE SOLAPURE**  
Grade :- III

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**VARNAVI JADHAV**  
Grade :- IV

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**SHIVAM CHAVAN**  
Grade :- IV

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**ATHARVA JADHAV**  
Grade :- IV

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**ARNAV SALUNKE**  
Grade :- IV

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**MANVA PIMPLE**  
Grade :- IV

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**ARNAV BHADAKWADE**  
Grade :- V

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**ARNAV CHAVAN**  
Grade :- V

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**ANSH LONDHE**  
Grade :- V

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**AKSHAY JAIN**  
Grade :- V

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**SPRUHA LOYA**  
Grade :- V

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**VRISHA GOSAVI**  
Grade :- VI

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**ARPITA SURYAVANSH**  
Grade :- VI

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**AARYA MISAL**  
Grade :- VI

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**VANSH PATIL**  
Grade :- VI

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**AARADHYA SAHASTRABUDDHE**  
Grade :- VI

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**OM METE**  
Grade :- VII

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**NATIK SONI**  
Grade :- VII

Date :- 30/03/2024

**JGI The Jain International School,**  
Chhatrapati Sambhaji Nagar (Aurangabad)

**STAR OF THE MONTH**

Award Presented to  
**AAKANSHA PAWAR**  
Grade :- VII

Date :- 30/03/2024

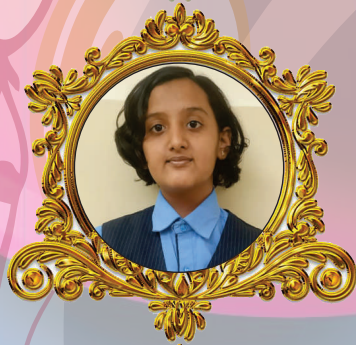
**JGI The Jain International School,**  
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**STAR OF THE MONTH**

Award Presented to  
**SHIVRAJ HIWALE**  
Grade :- VII

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HAPPY  
BIRTHDAY

## 1. Establish a Consistent Routine:

Create a morning routine that works for your family and stick to it. Consistency helps children feel secure and sets a positive tone for the day.

## 2. Prioritize Sleep:

Ensure that your children get enough sleep each night so they wake up refreshed and ready to tackle the day ahead. Establishing a consistent bedtime routine can help promote better sleep habits.

## 3. Encourage Independence:

Give your children age-appropriate tasks to do in the morning, such as getting dressed, brushing their teeth, and packing their school bags. Encouraging independence fosters confidence and self-reliance.

## 4. Create a Positive Environment:

Start the morning with a positive attitude and create a calm and peaceful atmosphere in your home. Avoid rushing or stressing out, as this can set a negative tone for the day.

## 5. Offer Healthy Breakfast Options:

Provide nutritious breakfast options that will fuel your children's bodies and minds for the day ahead. Encourage them to eat a balanced meal that includes protein, whole grains, and fruits or vegetables.

## 6. Limit Screen Time:

Minimize screen time in the morning to avoid distractions and help children stay focused on getting ready for the day. Instead, encourage activities that promote engagement and interaction, such as reading or playing a game together.

## 7. Set Realistic Expectations:

Be realistic about what can be accomplished in the morning and set reasonable expectations for your children. Avoid overloading them with tasks or scheduling too many activities before school.

## 8. Celebrate Achievements:

Acknowledge and celebrate small victories in the morning, such as getting ready on time or completing a task independently. Positive reinforcement encourages children to continue making good choices.

## 9. Stay Organized:

Keep school bags, uniforms, and any other necessary items organized and easily accessible to streamline the morning routine. Encourage your children to pack their bags and lay out their clothes the night before to save time in the morning.

## 10. Lead by Example:

Model the behavior you want to see in your children by maintaining a positive attitude, practicing good habits, and prioritizing self-care. Your children are more likely to follow suit when they see you making healthy choices and embracing each day with enthusiasm.

By incorporating these parenting tips into your morning routine, you can help your children rise and shine with confidence, positivity, and readiness to take on whatever the day may bring.

Editorial Board :- Mrs. Jayshri Jaybharye • Mrs. Paramjeet Oberoi • Mrs. Dipti Saraf • Mrs. Rekha Thakur • Designer :- Mr. Prafull Bhoyar



**The Jain International School,**  
**Chhatrapati Sambhaji Nagar (Aurangabad)**

CBSE Affiliation No. 1130369 | School Code : 30294 | UDISE : 27191108623

Jabinda Town, Survey No 29 & 30/2 Shahanoorwadi, Near Flyover, Beed By Pass

