

# THE JAIN INTERNATIONAL SCHOOL AURANGABAD

## **PRATIBIMB**







The News Letter



#### DITORIAL

April month brings the chirpings of birds and the students back to the backdrops, this month brings the positive vibes of the new beginnings of yet another vibrant session. The new academic session started with vigor and zeal, on the virtual platform and the students were welcomed by the educators for the fresh beginnings. The month witnessed some outstanding events and celebrations. Midst these times Grade-X and XII students were busy with the Pre-Boards, Internal Assessments and Practicals. With heavy hearts TJIS Aurangabad bid adieu to Grade-X and XII students.

#### **PDATES**

- \* The Summer Break is starting from 1 May 2021
- 🇱 The School will reopen on 7 June 2021

#### **PRILALMANAC**

Date	Day	Event	
1st	Thu	Odisha Foundation Day	
2nd	Fri	World Autism Awareness Day	Good Friday
4th	Sun	International Day for Mine Awareness	Easter
5th	Mon	National Maritime Day	
7th	Wed	World Health Day	
10th	Sat	World Homeopathy Day	
11th	Sun	National Safe Motherhood Day	National Pet Day
13th	The	Jallianwallah Bagh Massacre Day	Gudi Padwa
14th	Wed	Dr.B.R. Ambedkar Remembrance Day	
17th	Sat	World Homeopathy Day	
18th	Sun	World Heritage Day	
21st	Wed	National Civil Service Day	Shri Ram Navmi
22nd	Thu	World Earth Day	
23rd	Fri	World Book and Copyright Day	
24th	Sat	National Panchayati Raj Day	World Veterinary Day
25th	Sun	World Malaria Day	Mahaveer Jaynti
26th	Mon	World Intellectual Property Day	
28th	Wed	World Day for Safety and Health at Work	

#### A PRIL HIGHLIGHTS

### ORIENTATION PROGRAM BY TJIS AURANGABAD WITH THE "PLANET"

On 18 April 2021, Mr. Amol Parkhe the Director of the PLANET took an Orientation Program for the students of Grade-X moving to XII. He introduced the program with the prospects and avenues which students have after passing out Grade-XII. He gave an Overview of the Jain Professional Coaching Program which the school is ready to offer to the students of both Science and Commerce streams for various Entrance Examinations such as JEE (Mains & Advanced), NEET (UG-Medical), MHT-CET and others.









India's first WHOLE BRAIN SCHOOL





PEARL CURRICULUM











#### The Five C's

At JGI SCHOOLS, we believe that the essential elements of a quality education are much more than the traditional three r's of reading, writing, and arithmetic. That's why we've identified the Five C's of Critical Thinking, Communication, Creativity, Collaboration, and Citizenship to serve as the backbone to your child.

#### Exclusive

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Young Orators Program from Toastmasters International Values Education Program from Greycaps









#### 

#### **EMPOWERING CHILDREN BEYOND EDUCATION**



#### **TECH SKILLS**

We help students stay on top of technology through workshops and labs.



#### **EXCHANGE PROGRAMS**

aden our students horizons with student exchange tours.



#### STRONG VALUES

and other activities

Your child will meet a changing society with a value system grounded in integrity and moral strength. Students build their communication skills through talk shows, debates



#### COMMUNITY SERVICE

Students stay connected to their roots and build empathy through community outreach.



#### COMPETITIVENESS

Students develop grit and fortitude through inter and intra school competitions.



#### **HOBBY CLUBS**

We encourage hobbies that help students add another dimension to their personality.



#### MENTORING Monthly meetings with their mentor gives students a chance to introspect.

Our tourism club undertakes trips and travels within India and abroad



Specialized Coaching for Indoor and Outdoor sports by qualified and



#### CAREER

360°Career Advancement cell mentored by certified coaches.

#### MEDICAL ENTRANCE Jain Foundation and Professional Coaching Programs

In association with



#### 2 - Year JEE / NEET Coaching Program

- Small Batch of 30-40 Students
- 100% Scholarship to Meritorious Students
- Residential IITian & Ph.D. Faculties.
- Comprehensive & Detailed Study Ma Online Test Series & Evaluation Facility
- Digital Classrooms.
- Air-conditioned Accommodation & Food Facility for Boys & Girls.
- Library Facility for Residential stu-Admission of students from all boards
- Jain Foundation Coaching Program (Grade VI to X)







He further added and shared about faculties from IIT/NIT/PHD/MSC who would take the classes for JEE, NEET and Commerce. He added that the students will have full time availability of the faculties along with the students, regular doubt clearing sessions will be a regular feature.

Students will be provided with a tablet and a tablet based digital coaching app(EduBook) with learning analytics, additional faculty resources, evaluation system and periodic projections of student performance and national level rankings. He further talked about the COVID-19 Impact and Conventional Pedagogy/ Teaching

Engagement. He gave an in-depth understanding of both streams, prospects, preparation and the competition by showing the pyramidal chart of the no. of students appearing for such competitive examination and the no. of seats available in the colleges across the colleges in the country. He displayed the creative of the rankers and the toppers of previous sessions and also the faculties of Science and Commerce streams.

The orientation was culminated with the sharing of Ideal Daily Engagement Schedule (Online/ offline) for Grade-XI students

preparing for Competitive Examinations.









## Message from The Vice-Principal

#### WELCOME BACK!

It was amazing to welcome back our learners to the learning zone, bygone times were testing for the school community midst the pandemic, but we have proven that nothing can destroy our spirit. The teaching-learning process went on in full swing. The new normal with the virtual platform for teaching-learning went on smoothly. As a community, we embraced the change and moved ahead with positivity and zeal. This platform offered both educators and students come along, the sharing, caring and transfer of knowledge found a new dimension and both were benefitted. Students emerged out with flying colours in the Annual Exam. It was a treat to witness the communion of educators, students and parents working together hand in hand for the best learning outcomes. I am so delighted that you are a part of our amazing learning community. I welcome and value your positive energy and dedication to excellence in education, and I look forward to working with you and your children.

All signs point to another incredible and productive school year. Our enthusiastic office team is registering new families, ordering needed materials and updating student files. Our hard-working and conscientious custodians have been planning and executing. The teaching fraternity is all set and is gearing up to welcome families, provide volunteer opportunities, and offer other exciting events and programs. We are indeed a joyous and caring community with the common goals of nurturing responsible, caring students and promoting high-level learning. These times have proved that necessity is the mother of invention, and the way our nation has surpassed the manufacturing of vaccines, we see a bright future in today's generation who would be exposed to better skills as NEP 2020 also focuses upon Skill Based Learning. I am very hopeful that our nation will produce the best and skilled professionals, and TJIS Aurangabad is in sync with the same. Academics have taken a new path but the feel and vibes of mutual trust and faith between the students and educators are paramount. We have all paved through these times of trepidation, we'll move ahead together with the same passion.

**Vice-Principal** 

Mrs. Shikha Srivastava







## SPECIAL ASSEMBLY ON THE OCCASION 'RAM NAVAMI'

Whenever there is a need for the protection of the devotees, the Lord appears!

Ram Navami is one of the most auspicious occasions in India, to commemorate the birth of 'Lord Rama'. This festival is celebrated on the 9th day of Shukla Paksha or the bright phase of the lunar fortnight. Ram Navami is most popularly celebrated in Ayodhya, Uttar Pradesh, every year, with devotees dressing up as Lord Rama himself. The streets and homes are lit, nine-day long fairs are organized, music and prayers are enchanted loudly, and statues of the deity are bejeweled and made from scratch.Rama means 'bliss' signifying the happiness that Lord Ram bestows on all those who remember and worship him. Lord Sri Ram was said to be born on earth to instill the lost glory in humanity, annihilate the evils, and protect the innocents.

Technology has come to the aid of Ram Navami at **THE JAIN INTERNATIONAL SCHOOL** in Aurangabad to keep its old tradition of holding Ram Navami celebrations which are going even in times of COVID-19 lockdown. Students of **TJIS** Aurangabad celebrated Ram Navami with great enthusiasm. A Special Assembly was organized on the occasion of Ram Navami where students of **Grade VIII to X** melodiously recited some of the Ramayan Chaupais. They were decked up in traditional attire and the whole atmosphere was absorbed in devotion.

Few students of **Grade I to III** dressed up like Lord Ram and Lakshman. A virtual story was shown to children about 'The life of Lord Rama' which was followed by a quiz.

















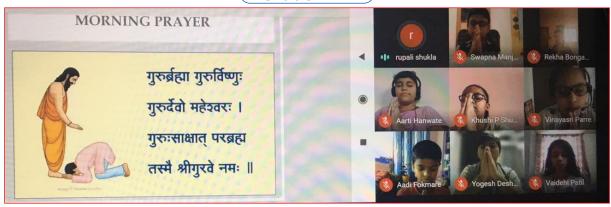






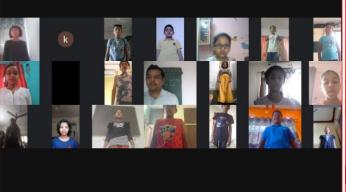


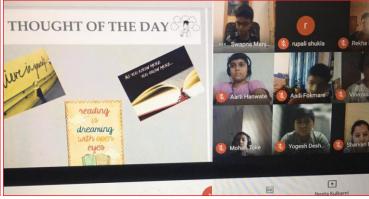








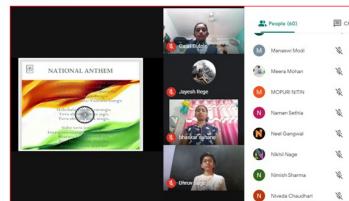
















#### SPECIAL ASSEMBLY ON THE OCCASION 'EARTH DAY'

Our planet was formed about 4.50 billion years ago. World Earth Day is being celebrated on April 22 every year since 1970 for the last 45 years to keep our earth's food, clothing, and shelter alive. Gaylord Nelson of the United States is the father of Earth Day. Every year, about 10 million earthquakes strike the earth. The earth's temperature is rising, and the balance is falling. If the temperature continues to rise, humans will wipe out in the future. So, there is a need today to save our environment. There is an urgent need to reduce pollution along with tree planting. The main objective of World Earth Day is to remind everyone of their responsibility to protect the Earth.

The Jain International School, Aurangabad celebrated Earth Day 2021 in the form of a virtual gathering where students of various grades participated with great enthusiasm and zeal and showed their love and affection



With an aim to spread awareness amongst the students a quiz was conducted on "How much do you know about our Earth" for **Grade VIII - X** students.

For **Grade IV – VII**, multiple themes were given to children to inspire their imagination. Following activities were performed by the students: -

**1.Hug a Tree today**- Children shared their pictures of hugging a tree and also shared their thoughts on doing so. They said," Hugging a tree makes us feel better and keeps us calmer, grounded, and more connected to Mother Nature.

2.Plant A tree with us- Children did plantation and shared the pictures with smiling faces. They also ensured that







- **3.Energy saving-** Children discussed the importance of conserving electricity that serves the double purpose of helping stop global warming. They also demonstrated by sharing pictures of themselves, switching of lights and fans.
- **4.Keep your world clean-** Children showed the purpose of having two dustbins at home. So, they emphasized separating the wet and dry garbage into separate bins.
- **5.Best out of waste-** Many children displayed their creativity in making useful products from the waste things at their homes. Thus, showed their concern in mending a clean and hygienic world.
- **6.Speech on Endangered Animals-** Children gave a wonderful speech on Endangered Species. They talked about their existence and our responsibility in conserving them.

After all the activities, the children took the pledge to heal mother earth by planting more trees, saving water, electricity, and all-natural resources to promote sustainable development. In the end, teachers of various streams recited few lines with a poem in different languages to motivate the students to follow the path of righteousness towards Mother Earth.















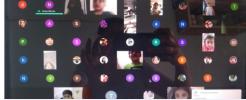
































#### SPECIAL ASSEMBLY ON THE OCCASION 'GUDI PADWA'

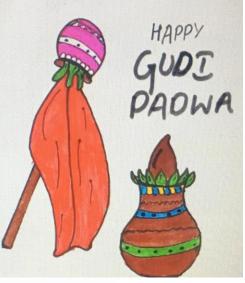
India is a country of dynamic culture and every Indian celebrates many festivals wholeheartedly throughout the year. Each festival is unique in its way. Gudi padwa has a special significance among these festivals. On 13 th April 2021, people of Maharashtra celebrated Gudi padwa with is also known witch different names like Ugadi in Andhra Pradesh and Karanataka, Cheti Chand in Gujarat and Naba Barsha in West Bengal. Gudi padwa appears during March April according to the Gregarion calendar . This is the first day of Hindu Calendar month Chaitra . This festival signifies the arrival of spring and reaping rabi crops. Hindu mythology says that this is the day when Lord Brahma created the Universe and the concepts of days, months ,weeks and years. The festival is dedicated to the victory of Lord Rama over Ravana and his coronation as the king of Ayodhya. People raise gudi flags in front of their houses decorated with neem and mango leaves and garlands.

As **THE JAIN INTERNATIONAL SCHOOL** believes that our students should be familiar with our traditions very well. With this view the school decided to celebrate the festival in unique way. The activity was arranged to encourage the creativity of the students where the students expressed the importance of the festival without pen and paper. Students from grade I to X participated enthusiastically in the activity. They presented themselves in different attires















SPECIAL ASSEMBLY ON THE 'COVID-19'



















COVID 19 is an unprecedented pandemic and the whole world is still struggling to fight against it. During the pandemic, we know that it is the need of the hour to always wear a mask, wash hands and follow social distancing. We are also practicing `Do Gaj Ki Doori'.

A famous quote by Steve Maraboli "Life doesn't get easier or more forgiving, we get stronger and more resilient." is so apt for this current scenario.











































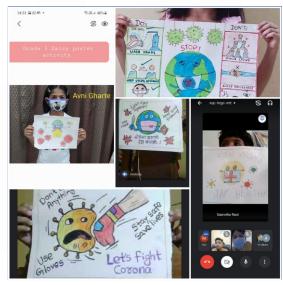




Keeping this thought, TJIS Aurangabad organized an activity on "Unite 2 Fight Corona" for Grade I to X.

For **Grade I- III**, the topic was "Speak your heart through poster making" in which the students presented innovative and artistic posters. They also used mask and sanitizers when they explained the Covid- 19 precautions. It was a great treat to watch our little champs who spoke confidently.

For **Grade IV-VII**, the topic was "Hands on Craft- Making of Masks"in which the students made



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For **Grade IV-VII**, the topic was "Hands on Craft- Making of Masks"in which the students made their own masks using cloth or paper. The masks were colourful and decorative. The students were also given chance to present their speech through posters.











































Grade VIII-X students tried to explore the stories of hope, resilience, and inspiration during the pandemic. The children worked hard to learn more about the same. They conducted online surveys and also presented news reports in which they tried to record



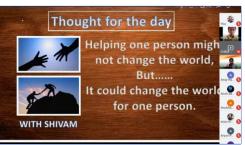




and express the experience of the people of their society. They interviewed some covid warriors who not only recovered from the deadly virus but are also trying to lead a normal life. An excellent presentation was given by the students on the points related to the current covid-19 situation. After this activity, the students had a change of heart and they pledged to be responsible citizens of India. All participants were extremely excitedduring the activity. Within the time the teachers also discussed the importance of masks and other awareness aspects in the current covid-19 pandemic condition.





















































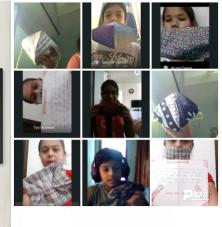
































































































## HALL MARK Rajendra Saraf Grade-VIII



The achievements, successes or accomplishments we gain in school are the part of best school life years. They may be the greatest or the best but one never forgets them in their life. Achievements are the desires that we love to have for. **TJIS Aurangabad** is blessed to have such an extraordinary talent with them Master Rajendra Saraf.

Rajendra started learning tabla from Grade 5. He had also completed 2 levels1. Prarambhik and 2. Praveshika Pratham. He had also enrolled for third level i.e. Praveshika Purna. He had played tabla in various events and won lot of prizes also. He is learning tabla from his mentor Mr. Pranesh Pore.

**TJIS Aurangabad** appreciates and salutes his dedication, sincerity and wishes him to continue and perform with same zeal and hold the top position in future.







## **STUDENT ZONE**

Grade I - X

#### What is Agnihotra and to perform?

Agnihotra is a small havan, it is also mentioned in the four Vedas i.e. Atharva Veda, Rigveda, Yajurveda, Samaveda. Shri Shri Gajanan Maharaj had started performing Agnihotra and spread it. His mother was Shri Sona Mata and his father was Shri Parshuram Maharaj. For performing Agnihotra we require a square-based pyramid copper utensil which is called Pathra. We take cow-dung cakes and few grains of unpolished rice in our left hand and apply a few drops of pure cow ghee to the rice and mix it well. Divide the smeared rice into two portions. As soon as you utter swaaha in the first mantra, take one portion (one pinch) of the rice and offer it to the fire.

What are the benefits of Agnihotra?

When we perform Agnihotra it releases smoke, which kills the impurities present in the air. It is said that doing Agnihotra, kills the Covid-19 virus and keeps it away from our house by 5 metres. It keeps our environment clean and pure. The ash which is left behind after performing Agnihotra is not only good for plants but also acts as a natural fertilizer. A dry plant gets healthy within 3-4 days with this. How, and when to put the mixture of raw rice and ghee? Agnihotra is performed daily at sunrise and sunset.

Mantra of sunrise "Suryayaswaha, suryayaidamnamha ,prajapathayeswaha". Mantra of sunset: agneyeswahaagnay eidamnamamprajapateyesawhaprajapatayeidamnamama "Now we know how to perform Agnihotra, so perform it every day and we'll win the war of covid-19.





- VINAYASRI VIJAY PARRE 7-E

#### Save water, Save life

Water is one of the most precious gifts of nature. But unfortunately, we don't understand its worth and over-exploit this resource for our own purpose. Water sustains our life on the earth. We need water for day-to-day activities at home and agriculture. However, drinking water is also limited. We get it mainly from the clouds and glaciers. Therefore, it is very important to use this water responsibly and do everything we can to avoid wasting it. But unfortunately, it is being misused and depleted. Our ever-increasing population has created a scarcity of water. It is predicted that by 2025, nearly two billion people will live in absolute water scarcity. This is a sign of caution. Every drop of water is precious and it must not go in vain. Water shortage is a grim reality for the cities as well as villages. We need to wake up to it now rather than be sorry later. We must think about ways to conserve this precious resource. We must conserve water in ponds and tanks. We should be rational towards using it and should be very cautious before using it. If we continue to use it the same way, we will have to face dreadful consequences. By saving water we will save ourselves.

- KUNAAL JOSHI 6-B

#### Live and Let Live

God created the world, not for the benefit of mankind alone. No doubt man today is the master of the earth. He has tamed tigers, elephants, and King Cobras also. But his excellence does not give him the right to hunt down all kinds of animals. Animals generally live in their natural habitat. They don't attack us unless we provoke them or encroach in their territory. They are generally scared of us. We must stop exploiting and killing them for fun as it is a sin and crime. We must learn to live together not only with our fellow beings but also with all the creatures created by God. In other words, we should live ourselves as well as let others also live in peace. War, hunting, and violence are against the will of God and the law of the land. Coexistence should be our motto.

- SONAKSHI JADHAV 6-B

#### **Gudi Padwa Poem**

The festival of joy arrives here,

May God bless us with health and cheer; New hopes, new beginnings, Let's fly by spreading our wings;

When Lord Rama returned from the exile, People placed Gudi and welcomed with a smile; This was of the stories of GudiPadwa festival, On this day people start some work incredible; We should wake up early this day,

And start it in a thoughtful way; We should bath with the neem leaves, We also eat tasty meals; This day is also called the Maratha New year; From this day, everyone keeps out fear; Today, as people start something new;

I wish... A Happy GudiPadwa to all of you!!

- NISHAD JOSHI 6-A

#### BARBIE DOLL

I'm a Barbie doll I'mfavourite of all; Sometimes in Britches In hats like Witches; I'm a big nag I always get drag; More you know my history It's like a big mystery; The more you call me shouter I get a bit louder; Sometimes in Britches In hats like Witches; Yet I'm slim and tall I'm favourite of all; Sometimes in Britches In hats like Witches - RIYA NAPHADE 6-D

#### A HAPPY LIFE?

In an old coffin,
Wrapped in silk;
A very old man,
Laying on his death bed.
He worked hard they said,
Was very rich they said,
But in reality;
Was lone and full of dread.
Filled with regret lay the old
man,

A happy life?

Even when alive looked dead the old man.
On a hospital bed,
In a plain white sheet;
A very young girl,

Laying on her death bed. She had cancer they said, Was broken they said,

But in reality;

Was jolly and very content. Filled with memories lay the

young girl,

Even when dead smiled brightly the young girl.

- SOHAM DATE 9-B



## **CLASS ACTIVITY**

**Grade II - III** 

### Creativity of

















#### "LET'S INTEGRATE ART WITH SCIENCE"

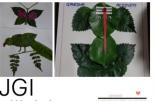
Learning science is always fun, and with art and craft it's cherry on the cake. April is a month of spring. TJIS Aurangabad, Primary conducted a creative activity on leaves. Kids of **Grade I to III** made different types of art forms with the help of a variety of real leaves. They used different size and colors of the leaves. They also spoke few lines on what and from which plants they had taken the leaves. Kids enthusiastically participated and were confident while speaking in front of the screen. Altogether it was a great success. Children enjoyed making shapes of their favourite animals, birds flowers, lord Ganesha from real leaves.













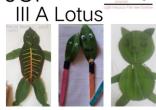
































## Grade I - X























































































## **Grade I - X**









































































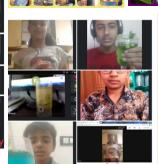


























## MAGIC FINGERS Grade I - X







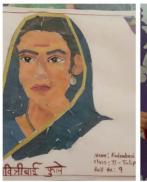










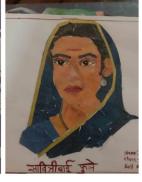






















### TJIS AURANGABAD GAVELS CLUB



PRITHVIRAJ DESHMUKH ( President )



VEDANT KULKARNI (Vice President -Public Relations)



KINJAL PANCHAL (Vice President -Education)



SMRUTI THAKUR GA



RIYA NAPHADE GA

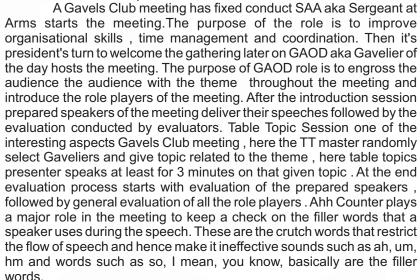
Club Mission- To provide a supportive and positive learning experience in which all members are empowered to develop communication skills & leadership skills resulting in greater self confidence and personal growth. Gavels Club is a way of providing the Toastmasters experience to the group who may be ineligible for regular membership due to age, or other reasons. Following the protocols similar to Toastmasters Gavels Club uses club officer titles and education manuals. However, Gavels Club members are referred to as in "Gaveliers". Gavels Club also provides Toastmasters members and club with an excellent opportunity for community service. TJIS Aurangabad Gavels Club is a gift given by CEO Dr. CHANDRASHEKAR D.P to the Gaveliers.

The ability to communicate is essential regardless of your chosen field. When I look back here from now the success earned cannot be measured. Gavels Club gives young people an avenue to become better public speakers in a pressure-free environment.

#### -Prithviraj Deshmukh (President)

Be as smart as you can but remember that it is always better to be wise and smart. Vedant Kulkarni (Vice President -PublicRelations)

Speak in such a way that others love to listen to you, listen in such a way that others want to speak to you" - Kinjal Panchal ( Vice President-Education)



The main purpose of the timer is to allow each speaker speak in the specified time frame, respect the agenda and help conduct the meeting as specified in the agenda. Grammarian introduce WOD - word of the day and IOD - Idiom of the day which everyone uses in their speeches .The meeting ends with President's remarks and awards. The awards are - Best role player of the day ,Best Speaker, Best Evaluator and Best Table topic Presenter.

In the month of April two meetings of Gavel club were conducted on 11 April and 25 April 2021. The theme of the meetings were "Seeing the world through child's eye" and " The silent killer- Corona". TJIS Aurangabad Gavels Club meetings are being conducted Till now Gavels club successfully completed 22 online meeting.



SAIVYANKTESH MANDLECHA GA



DNYANADA GANAGE GA



NISHAD JOSHI GA



GURJAS SINGH OBEROI GA



YASHRAJ JOGDAND GA



AISHWARYA INGOLE GA



NAMITA TAUR GA



SAYLI MANDLECHA GA



### **PARENTING TIPS**

#### PARENTING IN A PANDEMIC TIPS TO KEEP THE CALM AT HOME

Fear, uncertainty, and being holed up at home more to slow the spread of COVID-19 can make it tough for families to keep a sense of calm. But it's important to help children feel safe, keep healthy routines, manage their emotions and behavior and build resilience.

#### Address children's fears

Children rely on their parents for safety, both physical and emotional. Reassure your children that you are there for them and that your family will get through this together.

#### Answer questions about the pandemic simply & honestly.

Talk with children about any frightening news they hear. It is ok to say people are getting sick, but remind them that following safety steps like hand washing, wearing cloth face coverings and staying home more will help your family stay healthy.

#### Recognize your child's feelings

Calmly say, for example, "I can see that you are upset because you can't have a sleepover with your friends right now." Guiding questions can help older children and teens work through issues. ("I know it is disappointing not to be able to do some of the things you did before the pandemic. what are some other ways you can have fun with friends?")

#### Keep in touch with loved ones

Children may also worry about a grandparent who is living alone or a relative or friend with an increased risk of getting COVID-19. When safe, physically distanced visits aren't possible, video chats can help ease their anxiety.

#### Model how to manage feelings

Talk through how you are managing your own feelings. ("I am worried about Grandma since I can't go visit her. I will put a reminder on my phone to call her in the morning and the afternoon until it is safe to see her.")

#### Tell your child before you leave

The house for work or essential errands. In a calm and reassuring voice, tell them where you are going, how long you will be gone, when you will return, and that you are taking steps to stay safe.

#### **Look forward**

Tell them that scientists are working hard to figure out how to help people who get sick, how to prevent it, and that things will get better. Vaccines have come and people are getting Vaccinated.

#### Keep healthy routines

During the pandemic, it is more important than ever to maintain bedtime and other routines. They create a sense of order to the day that offers reassurance in a very uncertain time. All children, including teens, benefit from routines that are predictable yet flexible enough to meet individual needs.

#### Structure the day

With the usual routines thrown off, establish new daily schedules. Break up schoolwork when possible. Older children and teens

can help with schedules, but they should follow a general order, such as:

- Wake-up routines, getting dressed, breakfast and some active play in the morning, followed by quiet play and snack to transition into schoolwork.
- o Lunch, chores, exercise, some online social time with friends, and then homework in the afternoon.
- o Family time & reading before bed.

#### A word about bedtimes

Children of ten have more trouble with bedtime during any stressful period. Try to keep normal nighttime routines such as Book, Brush, Bed for younger children. Put a family picture by their bed for "extra love" until morning Bedtimes can shift some for older children and teens, but it is a good idea to keep it in a reasonable range so the sleep-wake cycle isn't thrown off. Too little sleep makes it more challenging to learn and to deal with emotions. Remember to turn off cell phones and other mobile devices an hour before bedtime.

#### Use positive discipline

Everyone is more anxious and worried during the pandemic. Younger children may not have the words to describe their feelings. They're more likely to act out their stress, anxiety or fear through their behavior (which can, in turn, upset parents, particularly if they are already stressed). Older children and teens may be extra irritable as they miss out on normal events they looked forward to and activities they enjoy with their friends.

Some ways you can help your children manage their emotions and behavior:

**Redirect bad behavior** Sometimes children misbehave because they are bored or don't know any better. Find something else for them to do.

**Creative play** Suggest your children draw pictures of ways your family is staying safe. Make a collage and hang it up to remind everyone. Or, build an indoor fort or castle to keep the germs at bay, bringing in favorite stuffed animals or toys.

**Direct your attention** Attention to reinforce good behaviors and discourage others is a powerful tool. Notice good behavior and point it out, praising success and good tries. Explaining clear expectations particularly with older children, can help with this.

**Use rewards & privileges** to reinforce good behaviors (completing school assignments, chores, getting along with siblings, etc.) that wouldn't normally be given during less stressful times.

**Know when not to respond**. As long as your child isn't doing something dangerous and gets attention for good behavior, ignoring bad behavior can be an effective way of stopping it.

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