



PROGRESSIVE ENGLISH SCHOOL



NEWSLETTER

OCTOBER 2024

IPH BOOK FAIR- INSPIRING LOVE FOR READING

The IPH Book Fair was held on the October 24th, 25th and 26th of 2024 at the Seminar Hall of Progressive English School, creating an engaging platform to cultivate a passion for reading within the school and its community. The event featured a diverse range of books spanning multiple genres, from children's literature to fiction, nonfiction, and academic resources. This wide variety ensured that readers of all ages and interests could find something captivating, encouraging both students and faculty to dive into the world of books.

By making quality literature accessible, the IPH Book Fair served as a reminder of the transformative power of books and the lifelong benefits of reading.



ANNUAL SPORTS DAY-PROMOTING TEAM WORK AND PERSEVERANCE

The Annual Sports Day 2024 at Little Buds Kindergarten , Wadihuda was held on October 24th and 25th with great enthusiasm and spirit. The event began with a warm welcome speech by Section Head Ms. Deepa Prabhu R, who inspired students and teachers, setting a joyful tone for the day.

Vice Principal, Ms. Supriya Krishnan had the honor of inaugurating the event, Her encouraging words were a wonderful boost to the children's morale as they eagerly prepared for their events.

Following the inauguration, Ms. Beefathu delivered a heartfelt felicitation, commending the efforts of students and teachers in organizing the event and motivating everyone to participate actively.

The event concluded with a vote of thanks by Ms. Faseela, Sports convenor who expressed gratitude to all who contributed to making the day a grand success. The Annual Sports Day was indeed a memorable occasion, celebrating sportsmanship, teamwork and joy.



PROFESSIONAL PROGRESS PROGRAMME – MASTERING THE ART OF LESSON PLANNING

The Professional Progress Programme on "Mastering the Art of Lesson Planning" for primary section teachers took place on October 19, 2024, in the Conference Hall, creating a valuable learning experience focused on enhancing teaching skills. Ms. Supriya Krishnan, Vice Principal, opened the event with an inspiring welcome speech.

The workshop was led by Mrs. Kamla Ramamurti, a highly respected educator with over three decades of experience in Kendriya Vidyalaya. Known for her expertise in teacher training and a recipient of the National Incentive Award (2005), Mrs. Ramamurti provided practical tools and strategies for effective lesson planning. Her session offered teachers new insights and techniques, leaving them with a fresh sense of purpose and confidence in their teaching practices.



BAGLESS DAY-A BREAK FROM PHYSICAL BURDEN OF CARRYING HEAVY BAGS AND PROMOTING ALTERNATE WAYS OF LEARNING

On October 18, 2024, the primary section of Progressive English School celebrated a Bagless Day, offering students an exciting departure from traditional classroom learning. The event aimed to engage students in diverse activities beyond textbooks and bags.

The day's schedule, spanning from the first to sixth period, included Orientation classes, Power Point presentations-Games, Creative works, Book review competitions etc.

Separate orientation sessions, titled "Know Your Growth and Development," were conducted for Class 4 and 5 students under the guidance of teachers and senior students. ICT and activity-based learning experiences kept students enthralled throughout the day.

Cultural Extravaganza

The seventh and eighth periods witnessed a vibrant program by Malarvadi Sahitya Samajam, showcasing students' talents through Poetic recitals, Story telling, Dance performances

This Bagless Day proved to be a memorable experience for primary students, fostering creativity, teamwork and self-expression without the burden of books and bags.



HEALTH AND WELLNESS PROGRAM (EP-3) – HEALTHY EATING AND FOOD HYGIENE

"Healthy students are better learners." Embracing healthy food choices is a crucial step towards achieving longevity and vitality. A balanced diet, consisting of foods from all the essential food groups, ensures that children receive the necessary nutrients to stay healthy and thrive.

On October 23, 2024, a session on Healthy Eating and Food Hygiene was organized for 4th-grade students, led by Ms. Ramseena, Nurse at Care and Cure, Progressive. The guest speaker for the session was Ms. Haseena MKP, Teacher at Progressive English School.

The session provided students with a comprehensive understanding of healthy eating habits, maintaining a balanced diet, and the importance of food hygiene. It also addressed concerns such as food wastage, the negative effects of unhealthy eating, and how poor dietary choices can impact overall health.

As the saying goes, "It is health that is real wealth." Both healthy food choices and proper food hygiene are vital for maintaining overall well-being, preventing chronic diseases, and supporting physical health. They also enhance the immune system and improve mental clarity, making it easier for students to focus and learn effectively



UNWIND AND RECHARGE-A ONE DAY TRIP TO STONE HILL RESORT

On 31 October 2024, under the “Aspire to Inspire” initiative, the dedicated staff and teachers of Progressive English School embarked on a much-anticipated one-day trip to Stone Hill Resort, Alakkodu. This event was themed “Unwind & Recharge” and was designed to provide the hard-working team with a rejuvenating break, away from the regular demands of school life. The outing was a resounding success, leaving everyone relaxed, re-energized, and ready to continue their educational journey with renewed enthusiasm.

The day started with an early morning assembly at the school, where buses were arranged to transport the staff to the resort. The journey itself set a lively tone, as teachers and staff engaged in casual conversations, music, and even some sing-alongs, building camaraderie from the very beginning. On arrival at Stone Hill Resort, everyone was welcomed with a hearty breakfast. A variety of delicious options was available, and greeted by the scenic backdrop of lush greenery and hills, which provided a calming start to the day.

Throughout the day, the organizers ensured there was a balanced mix of activities, ranging from energizing games to leisurely relaxation.

This day served as a reminder of the value of balance and self-care in professional life, leaving everyone with lasting memories and stronger bonds.



MALARVADI DAY

Progressive English School celebrated Malarvadi Day on 28 October 2024, with the inauguration of the Malarvadi Club and a series of engaging activities. The program began with a warm welcome by Heena Fayiz, VII B , followed by a presidential address from Ms. Sujithra. R, Principal, who highlighted the significance of the Malarvadi initiative. Our honored guest, Mr. M .Idrees, inaugurated the club and shared his experiences. The students enjoyed various fun activities that made the day even more memorable. So many activities are designed to help individuals get to know each other, reduce tension, and foster a sense of comfort in group settings. These activities are especially useful at the beginning of meetings, workshops, or team-building events, as they encourage communication, build trust, and create a positive, inclusive atmosphere. Wafa Abdul Latheef, VII D wrapped up the event with a sincere vote of thanks, expressing gratitude to all involved.



ASPIRE TO INSPIRE: BUILDING HEALTHY RELATIONSHIPS THROUGH COMMUNICATION, BOUNDARIES AND EMPATHY

As part of a two-week emotional wellbeing strengthening program, a session titled “Healthy Relationships – Communication, Boundaries, and Empathy” was organized on 19th October 2024 for the students of Class IX. The distinguished guest speaker, Mr. Anas Saeed, a teacher from Progressive English School, was introduced with a warm welcome by Ms. Lamees, the school counselor. Ms. Sujitra R., Principal of Progressive English School, addressed the students, underscoring the importance of building and nurturing healthy relationships.

The session focused on three essential pillars of healthy relationships: communication, boundaries, and empathy, each contributing to respect, understanding, and trust. Communication in relationships should be open and honest, allowing individuals to share their thoughts and concerns without fear of judgment. Listening actively is equally crucial, involving full attention and acknowledgment of the other person’s feelings. Non-verbal cues-such as body language, tone, and facial expressions-also play a key role in effective communication, helping to avoid misunderstandings. Constructive conflict resolution, centered on finding solutions and using “I” statements, was discussed as a way to express emotions without assigning blame.

The importance of boundaries was highlighted next, emphasizing the need to respect each other’s personal space and emotional, physical, and mental limits. Setting limits helps define the time, energy, or emotional investment one is comfortable with, and it’s essential to communicate these limits clearly. Equally important is honoring others’ boundaries, as any violation can erode trust and respect. Flexibility is also vital, as boundaries can evolve, and open communication about shifting needs ensures both individuals feel respected.

Empathy was introduced as the third pillar, focusing on understanding each other’s perspectives to deepen emotional connection. Validating emotions-even when differing in views-demonstrates respect and can help ease conflicts. Empathy also involves showing compassion and support, especially during stressful times, as being a source of comfort strengthens bonds. Emotional availability, or being present and responsive to others’ feelings, was also emphasized as a way to make individuals feel valued and heard.

The program concluded with Hamiz from Class IX-D expressing gratitude to Mr. Anas Saeed for his valuable insights. The session provided students with practical tools for building fulfilling, respectful relationships, making a positive impact on all who attended.



ASPIRE TO INSPIRE: BUILDING CHILDREN'S RESILIENCE

As part of the two-week Mental Wellness Programme, Inspiring Efforts, an online session titled “Building Children’s Resilience” was organized on 16th October 2024 for all students. The session was led by Ms. Vahita Hussain A, Consultant Psychologist, and aimed to equip students with skills to build resilience and adaptability when facing life’s challenges.

The session underscored that developing resilience is vital for children, helping them face obstacles with confidence and adaptability. Ms. Vahita emphasized the importance of adults modeling resilience themselves, as children learn by observing. By managing stress and adversity in a calm and positive way, adults can demonstrate constructive responses to difficulties. Verbalizing thoughts during challenging moments, such as saying, "This is tough, but I know I can figure it out," was encouraged to show children a healthy mindset.

Encouraging problem-solving skills was also highlighted as a critical aspect of resilience-building. Rather than providing solutions, adults should ask open-ended questions like, “What do you think you can do to make this better?” to help children gain confidence in their abilities. Providing emotional support, particularly by listening without judgment and helping children identify their emotions, was emphasized as essential for helping children process challenges with empathy.

Promoting a growth mindset was another focal point, where students were encouraged to see effort and perseverance as keys to growth. Ms. Vahita recommended praising hard work and effort over outcomes and teaching children to learn from failure. Allowing children to face failure is crucial, she noted, as it provides valuable lessons in resilience, perseverance, and self-improvement. Rather than shielding them from every disappointment, guidance on coping and trying again was advised.

Ms. Vahita also spoke about the benefits of routines and consistency, as stability can give children a sense of security, helping them cope with changes or stress more effectively. Teaching positive self-talk was another strategy to foster resilience, as guiding children to challenge negative thoughts and replace them with optimistic or constructive ones can significantly enhance their outlook.

Finally, the session stressed the importance of fostering social connections. Supportive relationships with family, friends, and peers help children feel understood and secure, strengthening their resilience. Building these positive connections and modeling healthy conflict resolution skills were encouraged as key components of building strong, adaptable children. The session concluded with valuable insights and practical advice, equipping students with essential tools for navigating life’s challenges.





ASPIRE TO INSPIRE: BUILDING CHILDREN'S RESILIENCE

ASPIRE TO INSPIRE- Trauma Informed Teaching- Recognizing And Supporting Students Emotional Needs organised for all students as part of the two-week Mental Wellness Programme* "Inspiring Efforts" on 22th October 2024. The session was conducted by Ms.Sudhina Aboobacker K P, Head of department of psychology.

Trauma-informed teaching is an approach that acknowledges the widespread impact of trauma on students' learning and behavior. It focuses on creating a safe, supportive, and empathetic classroom environment that helps students feel understood and empowered to succeed despite past adversities.

This session mainly focused on,

Safety: Ensuring the physical and emotional safety of all students, so they feel secure in their learning environment.

Trustworthiness: Building trust through consistent, predictable behavior and clear communication.

Empowerment: Encouraging students' autonomy, providing opportunities for choice, and validating their experiences and emotions.

Collaboration: Involving students in decisions about their learning and fostering a sense of community.

Understanding: Recognizing that trauma can manifest in various ways, including changes in behavior, emotional regulation issues, or academic struggles.

Effective trauma-informed practices involve building strong relationships, responding with empathy, providing structure and routine, and offering support for students to develop coping mechanisms. By being aware of the signs of trauma and responding appropriately, educators can help students process their emotions and build resilience for academic and personal growth.

Aspire to Inspire
Two weeks Emotional well-being Strengthening Program

EXPERT TALK
22 OCTOBER, 2024 @ 7 PM

TOPIC TRAUMA INFORMED TEACHING-RECOGNIZING AND SUPPORTING STUDENTS EMOTIONAL NEEDS

Ms. SUDHINA ABOOBACKER K P
Head of Department of Psychology
Jot Islam College of Arts and Science
Vellimadukunni

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ASPIRE TO INSPIRE: NURTURE HEARTS, MINDS AND RELATIONSHIPS

As part of the two-week Mental Wellness Programme, Inspiring Efforts, an online session NURTURE HEARTS, MINDS AND RELATIONSHIPS organized on 25th October 2024 for all students. The session was led by Ms. Navaneetha Nambiar Advancement and communication Officer , and aimed to FOSTERING EMOTIONAL INTELLIGENCE AT HOME and ENCOURAGING SELF AWARENESS AND EMPATHY

The session underscored that, Fostering emotional intelligence at home involves creating an environment where children can recognize, understand, and manage their emotions effectively. Encouraging self-awareness starts by helping them identify and name their feelings, guiding them to reflect on their emotional responses in different situations. By modeling healthy emotional expression and providing opportunities for open conversations, parents can teach children how to regulate their emotions. Empathy can be nurtured by encouraging children to consider others' feelings, showing kindness, and practicing perspective-taking. Active listening and validating emotions help children develop a deeper understanding of themselves and others, promoting stronger emotional connections and social skills.



Aspire to Inspire
Two weeks Emotional well-being Strengthening Program

EXPERT TALK
25 OCTOBER, 2024 @ 7 PM

Ms. NAVANEETHA NAMBIAR
Advancement & Communications Officer
TRINS Group of Institutes

TOPIC FOSTERING EMOTIONAL INTELLIGENCE AT HOME;
ENCOURAGING SELF AWARENESS AND EMPATHY



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HEALTH AND WELLNESS PROGRAM (EP-2) – KNOW YOUR GROWTH & DEVELOPMENT

On 18 October 2024, as part of the Health and Wellness Program in association with the Student Development Program (SDP), an orientation session held at Progressive Primary Section, focused on the theme "Know Your Growth & Development" for students of grades IV and V. Ms. Mahjabeen. A C, Ms. Rahmath. K P, and Ms. Sindhu. T V, Teachers, Progressive English School led the session. alongside Hadi Muhammed, Adil Ayyoob & Nashath students, XII Science who also contributed by handling parts of the discussion. The session provided valuable insights into physical and emotional development, encouraging students to better understand their growth journey. Growth and development are fundamental concepts in understanding how living organisms, especially humans, evolve and progress over time. Growth refers to the physical increase in size or mass of an organism, typically measurable in terms of height, weight, or the number of cells. It is primarily influenced by genetic factors, nutrition, and environmental conditions. Growth is most noticeable during early childhood, adolescence, and even adulthood to some extent, as the body matures. Mr. Abdul Samad, Asst. Head Teacher, Primary Section warmly welcomed the gathering and the session concluded with a thoughtful closing remarks by Ms. Ajitha. P, Head Teacher, Primary section.



BALANCING FAITH AND MODERNITY

On 15 October 2024, the Charcha Sangamam on "Diversity, Inclusion, and Leadership" took place at Wadi Huda Auditorium beginning with an inauguration by T.K.M. Ismail and a welcome address by Mr. Musthafa Ibrahim. Insightful talks were delivered by Dr. Muhammed Aslam and Ruksana V., followed by an interactive session where students actively engaged with the speakers.

"Diversity, Inclusion, and Leadership" refers to the critical intersection of diverse perspectives, inclusive practices, and leadership strategies in organizations, communities, and societies. These concepts work together to ensure equitable representation, opportunities, and treatment for individuals from various backgrounds, including race, gender, ethnicity, sexual orientation, disability, and other dimensions of identity. Ultimately, integrating diversity, inclusion, and leadership is not just a moral or ethical imperative but also a strategic advantage in creating organizations that thrive in an increasingly interconnected and globalized world.

The event concluded with a thoughtful closing remarks by Mr. Muhammed Sajid. P K, emphasizing the importance of inclusive practices in leadership and media, leaving the audience inspired and motivated.



UNLOCK YOUR DESIGN FUTURE – AWARENESS CLASS FOR CLASS XII STUDENTS

Design is not just a career; it's a pathway to turning creativity into a profession. To ignite this passion and guide young minds towards a future in design, the Progressive Career Guidance Cell, in collaboration with Ghaya Institute of Design, hosted an inspiring awareness session titled "Unlock Your Design Future: NID-DAT and B.DES Awareness."

Held on 25th October 2024 in the Conference Hall, the session aimed to inform Class XII students about the exciting opportunities in design education and motivate them to explore this promising field. The program commenced with a warm welcome by Ms. Smitha K, a teacher at Progressive English School.

Led by a trained representative from Ghaya Institute of Design, the session introduced students to top design institutes like NID, NIFT, and IIT, highlighting the significance of entrance exams such as NID-DAT and UCEED. The facilitator emphasized how courses like B.Des can help students turn their passion for art and craft into fulfilling and lucrative careers.

The discussion also stressed the importance of pursuing design entrance exams alongside competitive ones like JEE, NEET and KEAM to unlock diverse career possibilities.

Adding to the excitement, the session featured informative charts, visual aids, and interactive discussions that made the learning process dynamic and engaging. Students actively participated in the activities and left the session feeling inspired and motivated to consider design as a viable and rewarding career option.



DARE TO VENTURE, DARE TO SUCCESS – SEMINAR ON STUDYING ABROAD FOR CLASS XII STUDENTS

On 30th October 2024, the Progressive Career Guidance Cell hosted a seminar titled Dare to Venture, Dare to Success – Seminar on Studying Abroad for Class XII students in the Conference Hall. The esteemed speaker, Mrs. Nishiya Hinduja, provided valuable insights and guidance on pursuing higher studies abroad, helping students navigate the opportunities and challenges of international education.

International education presents both significant opportunities and challenges. One of the key opportunities is global exposure, allowing students to experience diverse cultures, ideas, and academic approaches that broaden their perspectives. It also offers access to high-quality education and specialized programs not always available locally, enhancing career prospects. The chance to build a global professional network and the personal growth that comes from adapting to a new environment are also major benefits. However, the challenges are not insignificant. Financial costs can be burdensome, with tuition fees, accommodation, and travel expenses often requiring significant investment. Cultural adjustment can be difficult, as students may struggle with language barriers and homesickness. Academically, the rigour and unfamiliar learning environments in foreign institutions may require significant adaptation. Legal and visa issues also pose obstacles, and students may face emotional stress from being far from home. Ultimately, while international education offers immense benefits, navigating these challenges requires resilience and careful planning.

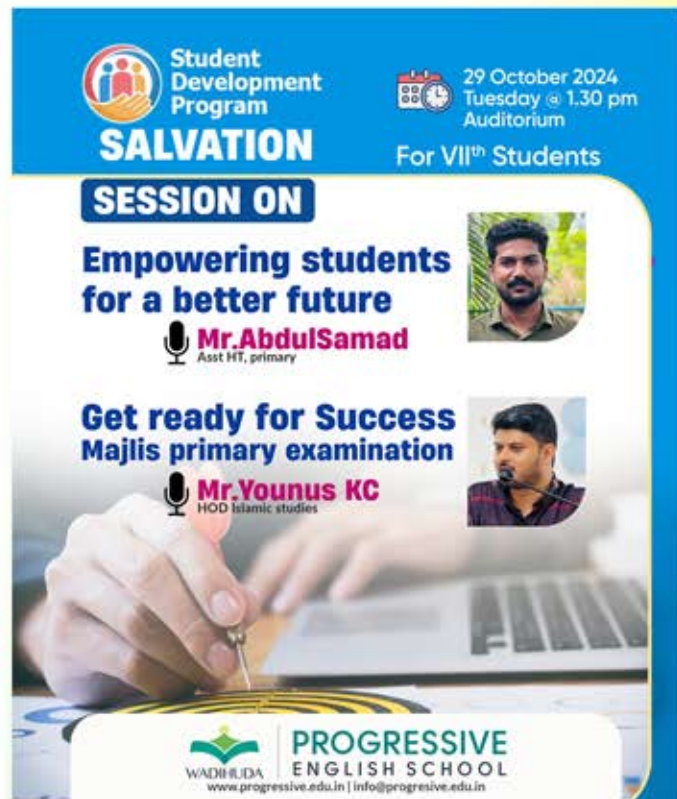


SALVATION - EMPOWERING STUDENTS FOR A BETTER FUTURE

On 29 October 2024, Under the auspices of Salvation and in connection with Student Development Programme (SDP), a session on Empowering students for a better future was led by Mr. Abdul Samad, Asst. HT, Primary, for the class VII. The speaker mainly preached on the Islamic way of life and the importance to follow in one's life. It was followed by Mr. Younus. KC, HOD, Islamic Studies, who focused on the Syllabus and the importance of Majlis Primary Exam.

It mainly focused on,

1. Screening Process: The preliminary exam acts as a filter to ensure that only qualified candidates proceed to the next stage. It tests the candidates' knowledge of the law, governance, and political systems.
2. Legislative Competence: The exam assesses the candidates' understanding of key issues, including the constitution, political theories, and national governance, which are essential for making informed decisions in parliament.
3. Eligibility Requirement: Passing the preliminary exam is often a formal prerequisite for running for a seat in the Majlis. Without it, candidates cannot participate in the electoral process.
4. Political Legitimacy: Success in the exam may be seen as a sign of a candidate's credibility and preparedness to represent the interests of their constituents effectively.
5. Public Trust: It helps in ensuring that the people elected to the Majlis have a minimum level of knowledge and understanding necessary to serve the country's interests, promoting transparency and integrity in the political system.



Student Development Program

29 October 2024
Tuesday @ 1.30 pm
Auditorium

For VIIth Students

SALVATION

SESSION ON

**Empowering students
for a better future**

Mr. Abdul Samad
Asst HT, primary

**Get ready for Success
Majlis primary examination**

Mr. Younus KC
HOD Islamic studies

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