Lesson #1: Experience
The first important lesson gained from failure is experience. What happens when we fail? When we go through something and can walk away with firsthand experience, it helps us to develop a deeper understanding for life.

Lesson #2: Knowledge
Failure brings with it an important firsthand knowledge. That knowledge can be harnessed in the future to overcome that very failure that inflicted so much pain in the first place. Nothing can replace the knowledge gained from failure.

Lesson #3: Growth
When we fail, we grow and mature as human beings. We reach deeper meanings and understandings about our lives and why we’re doing the things that we’re doing. This helps us to reflect and take things into perspective, developing meaning from painful situations.

Life is designed for us to grow and improve. From the very genetic fibers that make us into who we are, life is designed to grow. Life is designed for us to improve and do so consistently, you will eventually succeed. That knowledge can be harnessed in the future to overcome that very failure that inflicted so much pain in the first place. Nothing can replace the knowledge gained from failure.

Lesson #4: Resilience
Failing in life helps to build resilience. The more we fail, the more resilient we become. We must know resilience. Because, if we think that we’re going to succeed on the first try, or even the first few tries, then we’re sure to set ourselves up for a far more painful failure. Resilience helps to breed success by setting the game up to win. Gone are the lofty expectations that thing will happen overnight, and comes in the expectations that true success will take an enormous amount of work and effort.

Lesson #5: Value
One of the biggest lessons that we can learn from life’s failures is the necessity to create and spread an exceedingly high amount of value. In fact, value lies at the heart of success and a lack of value is a fundamental pillar to failure.

In thinking about your past failures, think about how much value you brought to the table. Could you have offered more value? Would that have prevented failure? When you learn to create immense value, and do so consistently, you will eventually succeed.

In order to reach Moons and Stars, it is necessary to fail. Always remember that failure is not the opposite of success but failure is a part of success. Embrace your failures and pave your path to glory.
Fear of God is the beginning of wisdom, students should always have a prayer life so that he or she can gain confidence. A good family is another criteria for a child’s moral strength and values. A good family doesn’t fall out of heaven, it takes the effort of every person in the family where every child plays a major role. A family in harmony will prosper in everything they do.

**Student-Teacher relationship:** Respect which should be given to the teachers are shrinking but the students should realize that it’s the teachers who are planting the seeds of knowledge, sprinkling them with love and patiently nurturing the growth to produce tomorrow’s dream.

To conclude, “the best and most beautiful thing in the world, cannot be seen or even heard, but can be felt within the heart” - and that is love. When this is lacking, there is unhappiness everywhere.

So, let love linger and make everybody happy.

Mrs. JESSY REJMONTE VICE PRINCIPAL
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INCREASING MEMORY POWER
First, we have to keep our mind strong, then we can memorize easily. To overcome the memory loss, we have to speed up the brain and develop our brain. Some of the food items should be avoided to overcome the memory loss. They are White Sugar, milk, Maida, Broiler Chicken / Broiler Egg, Jersey Iodized salt, Refined Oil, Junk food, Fast food, Cool drinks, and Ice creams.
Alternatively, we can eat food cooked in our home. It is also healthy for us. In order to increase memory power, first we should have the practice of eating millets like Ragi, corn etc. If we eat millets regularly everyday morning, we can observe a significant increase in the memory power. Consuming too much sweet can deteriorate the effective functioning of our brain.
Next, we have to give importance to our thoughts. We should always have positive thoughts in our mind. We should strive to remove the automated negative thoughts. We can increase the positive thoughts through following ways.

INDIAN FESTIVALS
Indians give special importance to their festivals. Special arrangements are made for the celebration of various festivals each year. Be it in the villages or be it in the big cities, there is joy all around. All the places are decked up during the festival season. Some of the main Indian festivals include Diwali, Holi, Raksha Bandhan, Vinayaka Chaturthi, Durga Puja, Dussehra, Pongal etc. People in our country love celebrating the festivals with their near and dear ones. Each Indian festivals has its own unique way of celebration and people follow the traditions while celebrating the same festivals. Some things remain common for instance people decorate their houses with flowers and lights during the festivals and wear new clothes. They visit each other and exchange gifts. Special sweets are prepared at home to treat the guests. People of India also hold great regard for the national festivals of the country. These festivals are a symbol of unity and progress. They remind us of our political leaders who served the country selflessly.

POLLUTION
Pollution is the introduction of contaminants into the natural environment that cause adverse change. Pollution can take the form of chemical substances or energy such as noise, light or heat. Pollution is often classified as point source or non-point source. In 2015 alone, pollution killed 9 million people in the world. Major forms of pollution include: air pollution, water pollution, noise pollution, littering, light pollution, soil contamination, radioactive contamination, thermal pollution, water pollution etc.

SAFE INTERNET PRACTICES
Keep your privacy settings ON always. Practise safe browsing. Make sure your internet connection is secure and use a secure VPN connection. Be careful what you download. Make online purchases from secure sites only. Be careful what you post online. Be careful who you meet online.

TEACHERS
T -- stands for TALENTED
E -- stands for ELEGANT
A -- stands for AWESOME
C -- stands for CHARMING
H -- stands for HELPFUL
E -- stands for EFFICIENT
R -- stands for RECEPTIVE
A teacher is a friend, philosopher, and guide who holds our hand, our mind, and touches our heart.
The universally accepted World Teachers Day is 5th October. In India, the teacher’s day is celebrated on 5th September and this tradition started from 1962. This is when Dr. Sarvepalli Radhakrishnan was born. He was a philosopher, a scholar, teacher, and politician. His dedicated work towards education made his birthday an important day and is celebrated as Teachers Day.
When we hear the word play we think of it as something we do as time pass and not as something worth spending time for. But for all of us, at least when we were kids, the most important and captivating thing in life was to indulge in play.

Whether or not we give it the necessary credit, Children have played at all times throughout history and in all cultures, and that's a basic part of being human. So, we can say that PLAY, along with the basic needs of nutrition, health, shelter and education, is vital to develop the potential of all children.

PLAY is communication and expression, combining thought and action; it gives satisfaction and a feeling of achievement. It is instinctive, voluntary, and spontaneous and there's no better way to mould these values in our children than through play.

PLAY helps children develop physically, mentally, emotionally, and socially. So in short PLAY is a means of learning to live, and not a mere passing of time.

In the present times, when the amount of play in a child's life is getting depleted we as educators should ensure that Play remains an important part of education. Schools should provide opportunities for initiative, interaction, creativity and socialization through play. This will undoubtedly increase learning, motivation in kids and above all help us to maintain attendance, believe it or not.

Ms. ROSE MARY JOSEPH
Department of Liberal Studies

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TRIVIA

1. How many players are there in a basketball side?
   - Answer: 5

2. Which wizarding sport played on broomsticks does Harry Potter play?
   - Answer: Quidditch

3. Name the golfer who first name is the same as a big cat.
   - Answer: Tiger Woods

4. Which country does footballer Lionel Messi play for?
   - Answer: Argentina

5. How many rings are there on the Olympic flag?
   - Answer: 5

6. Which swimming stroke has the same name as a flying insect?
   - Answer: Butterfly

7. What do players call the hard rubber disc they hit in hockey?
   - Answer: Puck

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Why is Play important?

Play allows the children to use their creativity while developing their imagination and physical as well as emotional strength. It is important for healthy brain development.

Mrs. P.G.SHOBHA
Department of English

Play is an essential part of every child's life. Play makes our mind fresh and strong. It is said, “A Sound mind lives only in a Sound body.” Play provides the best exercise to our mind fresh and strong. It is said, “A Sound mind lives only in a Sound body.”

Play is a drive, a need, a motivation in kids and above all help us to maintain attendance, believe it or not.

Mrs. K. Divya
Department of Computer Science

Play is our brain’s favorite way of learning. Play shapes the brain, opens the imagination, and invigorates the soul. Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood. Play allows us to develop alternatives to violence and despair, it helps us learn perseverance and gain optimism.

Children learn as they play. Most importantly, in play, children learn how to learn. Play is a drive, a need, a brain-building must do. Play is not frivolous.

Play helps children to develop skills that are necessary for their future. Examples of skills they may acquire includes awareness of self and others often through expression and body language, positive sense of self-esteem, mastery and social inclusion, improved social interaction skills. Play encourages children to extend their comfort zone. Play improves problem solving, conflict resolution, and coping strategies.

Mrs. SHAHERA BANU
Department of Tamil

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Brain Teaser

What’s full of holes but can still hold water?

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Mrs. SHAHERA BANU
Department of Tamil
**GROWTH THROUGH SPORTS**

Sports are a crucial part of a student's growth and development. They help in the development of mental health and physical fitness of the body. Participation in sports is helpful for the development of personality.

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**It's as light as a feather, but the strongest person can't hold it for more than five minutes. What is it?**

**PreETHI V STD**

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**Itallica**

Italica

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**PREETHI V STD**

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**BUDDHIYA KABADDI**

Kabaddi in Hindi means holding of Breath. Modern Kabaddi is a synthesis of the game played in various forms under different names throughout South Asia. Buddhiya Kabaddi is one such ancient sport which has its origin in Magadha region and is still a popular sport among the rural youth. It was probably invented to ward off the group attacks. History reveals that princes played to display their strength and win their brides. The game has many popular local versions. Salle-Maan-Chi is a popular chant for the raiders in the game and the game therefore is also locally popular by name “CHI”. The sport was played in rural area of Magadha region for centuries and it was mostly an evening sport to display strength and strategy and develop community spirit. Buddhiya Kabaddi is slowly dying because of the country’s excessive obsession over cricket.

**M. TAMIZHARASAN VIII STD**

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**YOGA**

Yoga was an integral part of ancient Indian culture. Yoga was practiced by almost every school to achieve spiritual and mental peace. Then people forgot it but now people have once again realised the importance of yoga.

**CRICKET**

Cricket is a team game, which is played between two teams of eleven players each. It’s a bat and ball game. In India, Cricket is by far the most popular sport and almost practical like a religion. The cricket field consists of a large circular or oval-shaped grassy ground.

**TENNIS**

Tennis is the game in which two opposing players (singles) or pairs of players (doubles) using a tightly strung racket.

**FOOTBALL**

Football is considered to be the most popular sport in India. It is also a team sport played between two teams of 11 members each. It is a ball game played on a rectangular grass field with a goal post at each end.

**VOLLEYBALL AND US**

I like volleyball since my first standard when I started playing the game. I didn’t play like a professional or anything then but only for fun during the P.E.T class. I got the idea to play volleyball from the time some of my friends were getting trained during our 7th standard. Our P.E.T sir, Mr. Jayavel then called all the boys from 6th to 8th standards to conduct a volleyball match. He did the measurements for the court and also taught us how to make a court in our ground. We were only 6 members in our team then, including me, Ebi Akash, Dinesh, Abuar, Vignesh and Lalithwaran. We played very well and won the match. This must be the reason why our P.E.T sir called us in our 7th standard and told us 6 members how he will train us for the zonal meet match. We were shocked at that time when he said this to us, but also very excited on hearing his words. He selected 12 members for the team including us and gave us training day by day. And finally we went for the zonal meet on 20-8-2019.

The advice our Jayavel sir gave us on that day was very nice. He said, “Whatever happens play calmly and you will win the match”. On the day of the zonal meet we reached there to find different teams registering to participate including us. The volleyball matches were going very well and our 14 members were practicing on the sides. We saw some other school members watching us practice and seemed like thinking how we are playing to win this match. The juniors volleyball matches started. We played our first match with BKMM school, Kelambakkam. We won the match and the referee gave shakehand to us and our P.E.T sir.

**SPORTS**

Sports is a vigorous physical activity which involves physical exertion and skill. Most sports are generally played by 2 teams against each other by following the set number of rules in order to win or defeat the other team. Sports not only has physical benefits but it also improves your concentration and makes you more alert and attentive. It helps to enhance the overall personality of an individual and makes him or her more productive and alert. It also increases your social interaction and develops sportsman spirit in an individual. Sports are very much liked by our school children in their school time.

**NASRIN J V STD**

**BASKETBALL**

Basketball is a team sports with 2 teams of mostly 5 players each. Basketball size is approximately 9.4 inches in diameter. Players advance the ball by bouncing it while walking or running. It is a violation to lift or drag ones pivot the foot without dribbling the ball. The game was made an official Olympic game in Berlin Germany, 1936.

**NIVETHA P IV STD**

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We got an opportunity to take part in an Interschool Volleyball Tournament again. It was held at Everest Matriculation School, Tambaram. This time, with our hardwork, we managed to become the winners of the tournament. We are now motivated to win more such tournaments in the future.

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**HARIRAJA & RICHARD TONY VIII STD**

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**HAPPENINGS**

**INDEPENDENCE DAY CELEBRATION**

In my school, the 73rd Independence Day was celebrated. Our chief guest was Mr. Anbu, Inspector of Police, Kalpakkam and The Lions Club Head Mr.Naganathu. We were proud to have our special chief guests and performed parade in front of them. Following parade, March Past was done by our students. There are four houses in my school that is Ganga, Yamuna, Krishna, and Cauvery. Our students formed an India map very nicely on the ground. The Yamuna and Ganga house students formed India’s border of the map. Our school students won many competitions and got prizes from the Chief guest. We enjoyed that day very cheerfully, and happily.

**SRIGOKIL A VI STD**

**ONAM CELEBRATION**

To promote the feeling of inclusivity and diversity in our school, we celebrated Onam by bringing all the children together. Children brought flowers from their houses to lay the Pookozham.

**STUDENT PARLIAMENT**

For the first time ever, our school conducted a school parliament election. We thank the school for giving us such an opportunity. After the main parliament election where in students from classes 6th to 12th voted to decide who our Head Boy and Head Girl as well as deputy Head Boy and Deputy Head Girl will be.

After the parliament election, we selected ministers for each department and assigned duties among ourselves. We are improving ourselves and will do our best. The Head Boy and Head Girl was selected from class XI. Deputy Head Boy and Deputy Head Girl was elected from class 9th. We have minister for different departments like ministry of language management, ministry of student affairs, ministry of athletics and sports, ministry of environment and hygiene, ministry of law and order and ministry of cultural affairs.

We hope that the student parliament will develop our leadership skills.

**KEERTHIKA R XI STD**

**TEACHERS’ DAY CELEBRATION**

In my school, the 73rd Teachers’ Day celebration was celebrated as teachers’ day on September 5th every year. Our Infant Jesus School celebrated this year’s Teachers’ day in a grand manner. The Teachers’ day ceremony were Swathi and Divya Lakshmi.

**SHANMUGAPRIYA XI STD & SHARMILA XII STD**

The XII std students conducted different games for the Teachers. For this, the Teachers were split into five groups. The group names were Kurinji, Mullai, Marutham, Neithal and Paalai. All the games were conducted very nicely by the XII students. And after all the games, it was team ‘Neithal’ who got overall first prize.

During all this while, other XII and XI standard students were given in-charge as ‘Student Teachers’ and they took responsibility to oversee the smaller students, i.e., from class LKG to X.

After the games, lunch was provided at the school premises. Other snacks and ice-cream were also available for students to buy at school. All the XI standard students divided the work amongst themselves to supply the food to the students and teachers as well as taking the responsibility of managing the food waste. They divided the food waste and plates and made sure that they are put into separate dustbins.

After lunch the programs restarted with few dances from XII, X, and VIII girls. All of them gave fantastic performances. There was also a special song dedicated to teachers by few 6th standard girls. After the dances, a throwball match was held for the female staff and teachers were divided into 2 teams, with Geetha Miss as the captain of team 1 and Latha Miss as the captain of team 2. It was a very interesting match and students enjoyed watching and supporting their teachers. The match was won by the team captain by Geetha Miss. After this ‘Uriyadi’ game was conducted for male teachers and Vijayan Sir won the prize in this.

The work done by XII and XI students were very appreciable. Starting from September 4, when the XII girls went around inviting teachers with a handmade invitation card to arranging everything on September 5th they all worked really well, including the XI standard volunteers.

Our Principal Ma’am gave prizes to the winning teachers. And the vote of thanks was given by Menaka Miss. The function ended with the National Anthem. The day was very special, and we will never forget it.
CCA Competitions
For all round development of students, an array of cocurricular activities such as Vegetable carving, Solo-Song, Tableau, Flower arrangement, English elocution, and Drawing were conducted for the students. Students participated in the competitions very enthusiastically with constant motivation from the teachers. The winners of the competitions were awarded with prizes during the Independence Day celebration.

Training for Teachers
A day-long workshop was conducted for the teachers covering various topics such as Future of work, using Empathy in classroom, and Teaching methodologies. The training programme was facilitated by Mrs. Priya Chakravarthy. Along with our school teachers, teachers from four different schools also joined. Perspectives of teachers from different schools made the training an enriching experience.

Winners - Handball Zonals
Our Handball team won the Zonal level tournament organized by the Department of School Education and the Government of Tamilnadu in the Super Senior Category. They have been promoted to play in the District level tournaments.

Heartfulness Meditation Workshop
A three-day workshop was conducted by the Heartfulness Institute for introducing the class X - XII students to Meditation practices. Students found it as an useful tool to develop focus and concentration.

Winners - Interschool Volleyball
Our school’s junior Volleyball team secured the winner title in an Interschool Volleyball Tournament held at Everest Matriculation School, Tambaram.

Winners - Handball Zonals

Best School Award
We are honoured to receive Best School and Best Principal Award from Indian Talent Search Council for the performance of our school students in the Talent search contest.

Visit to Hindustan University
In the month of August, our XI STD students visited Hindustan University at Kelambakkam to participate in various competitions such as Quiz, Elocution, etc. Our students won various laurels in several events which were conducted among interschool students.

ACKNOWLEDGEMENTS
We as a school are grateful to those people who have been making this newsletter a success. With this newsletter, we aim to inculcate and bring out the several hidden talents in our school. We would like to acknowledge the invaluable support provided by our Principal Mrs. Jeya Dennison, our Correspondent Mr. V. P. Dennison, our Vice Principal Mrs. Jessy Rejimone and our Teachers esp. Mr. Deepak Dennison, Ms. Rose Mary Joseph, Mr. Joshua, Mr. Rethna Kumar, Mrs. Puvaneswari, Ms. Sharmila, and Ms. Rehana. Finally, we’d like to thank the readers and the future contributors whose role would be crucial in making this attempt a triumph.

STUDY MATERIAL
03-10-19 முதல் 11-10-19 வரை PRE. KG, LKG மற்றும் UKG மாணவர்களுக்கு இல்லாமல் குழநர் கூட்டம் பிறந்தவர்களுக்கு அனுப்பு படம் கூறும் படம் கூறும் படம் கூறும் படம் கூறும் படம் கூறும்

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