



Dear Parents,

The new year and new term have begun in January, bringing an abundance of colour and celebration as well as a focus on developing life literacy and numeracy skills.

The curriculum for this term centres on teaching students about hygiene and grooming for self-care and well-being. Additionally, Pongal celebrations are being incorporated as a way to teach about different cultures and customs and further provide opportunities for skill development through gardening activities such as planting and nurturing seeds.

Three cheers to all our students and their efforts!

Happy to connect with you through the Sath Sadhana Newsletter.

Chettinad-Sath Sadhana Team

EQUIP ENLIGHTEN EMPOWER

A Learning Space for Persons with Different Abilities

To be a heartfelt Centre of holistic learning that heals, enlivens, equips and empowers differently-abled individuals and their families to realize aspirations and potential.





HIGHLIGHTS:

- Life Literacy – Sorting and Storing of Groceries
- Life Literacy – Relaxing Eyes
- Skills – Gardening – Grow it Yourself
- Kitchen – New Term, New Recipe!
- Physical Education
- Pre – Pongal Celebration
- Pongal Celebration

Life Literacy

Home Is Where the Heart Is – Sorting and Storing Groceries

Consistent practice of the units learned at school, if also done at home, can greatly benefit students by providing a comprehensive life skill learning experience. The previous term topic, "Home is where the heart is," was practised by students during the holidays. Cleaning, discarding unwanted items, and organising them for easy access can also have therapeutic benefits.



Life Literacy

Relaxing Eyes

The eyes are an important organ that allows us to see and experience the world around us. By practising proper eye care, we can enhance our vision and overall well-being. One effective way to care for our eyes is through the use of eye masks, particularly those made with cucumber. Not only do they help to relax and soothe the eyes, but they can also serve as a form of meditation.

At Sath Sadhana, students have begun incorporating cucumber eye masks into their self-care routine. Through demonstrations and guidance from their teacher, they are learning the importance of eye care and how to properly use the masks. This activity can also be done at home with parents as a fun weekend activity.



Skills

Gardening - GIY - Grow It Yourself

Gardening is a relaxing and enjoyable activity that allows students to connect with nature and the outdoors. The students have shown a strong interest in gardening, which combines physical activity, social interaction, and exposure to nature and sunlight.

The students began by removing weeds from the ground, then they moved on to soaking and filtering seeds before filling cups with soil and planting the seeds. They were responsible for identifying their own boxes, taking turns, and observing the progress of others. Through gardening, students learn a variety of skills, such as observation, responsibility, and cooperation.



Culinary Skills – Bread Spread

New Term, New Recipe

With the arrival of the new year, students began a new recipe: bread spread. This term, students have started a new culinary project where they are learning to make bread spread. They began by spreading jam, which is a simple task for beginners and also satisfies their sweet tooth. As they become more skilled, they will move on to more advanced levels of spreads in the upcoming weeks.



The students were pleased with the outcome and relished the sandwiches they had prepared.



Physical Education

Incorporation of Strength and Relaxation

At Sath Sadhana, the physical education curriculum for students focuses on striking a balance between strengthening and relaxing through activities such as core-strengthening exercises and yoga. Students engage in yoga three days a week and core-strengthening activities two days a week.

Warm-up activities serve as a foundation for the strengthening and mobility exercises, which aim to improve the overall strength of students. Additionally, students' weight and height are measured to track their comprehensive well-being.



Celebrations at a Glance

Pre-Pongal Celebration - 13th January 2023

At Sath Sadhana, a pre-Pongal celebration was held to educate students about the four-day-long Pongal festival. Students from all classes were grouped and assigned a topic related to Pongal, and they were tasked with developing creative ways to present the information.

Topics discussed included the importance of turmeric, vegetables, new pots, and rice; the significance of milk, cows, and jallikattu; and the celebration of Bhogi and Kaanum Pongal.



Celebrations at a Glance

Pongal Celebrations – 23rd January 2023

- The school celebrated the Pongal festival on January 23, 2023. Students arrived dressed in festive colors, adding to the joyous atmosphere. A pooja was performed for the Gau Matha, and Pongal was made and offered to the Sun god by the students, teachers, and support staff.
- Students participated in traditional dances such as Kummi and also listened to stories related to the festival. As part of the celebrations, students also made kites and flew them with their friends.





It is a pleasure to summarise our events for the beginning of Term III.

As always, we will catch up with you soon with many more interesting developments and programmes next month.

Till then stay safe and stay positive!

Cheers and All the best!

Chettinad – Sath Sadhana Team



Chettinad
Sath Sadhana

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No: 30/75, 4th Main Road, Gandhi Nagar, Adyar, Chennai – 600 020. Phone No: 044 – 24451154

