



Dear Parents,

December marks the end of the year 2022 and the end of second term at Sath Sadhana. Huge kudos to all students for making steady progress.

This month's highlights include Utsav-Seva, Volunteer Day, Akkas' wellness and fun event, and the start of the holidays with Christmas Celebrations on December 23, 2022.

This month's life literacy focused on sorting and arranging groceries, introducing calm time, which may benefit the students in various ways.

Three cheers to all our students and their efforts!

Happy to connect with you all 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.





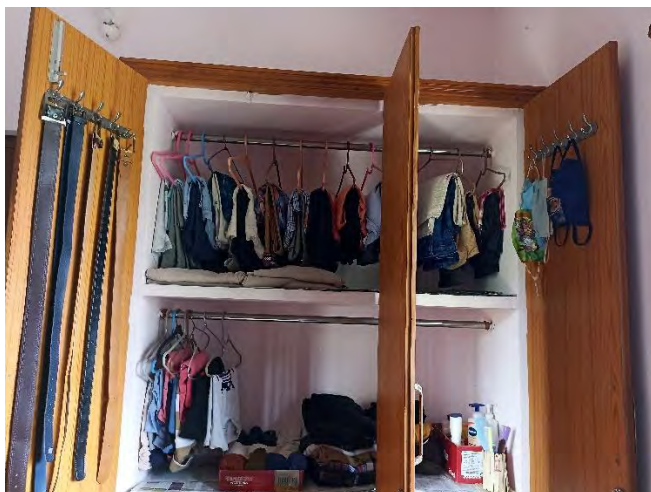
HIGHLIGHTS:

- Life Literacy – Organizing
 - Life Literacy – Sorting Vegetables
 - Life Literacy – Calm Time
 - Kitchen – Do It Yourself
 - Volunteer’s Day Celebration
 - Potluck and game session for Support Staff as part of Wellness
 - Christmas Celebration
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Life Literacy

Home is where the Heart is - Organizing

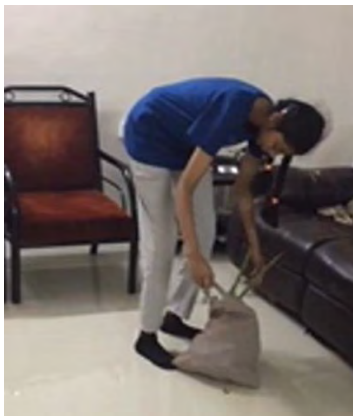
As part of the topic "Home is where the heart is," the teacher and the students discussed how and why we needed to sort the clothes. A few students said that it will help us store the clothes in an organized way in the wardrobe, so it will be easy to take the clothes out. Students practised cleaning and organizing the wardrobe at their homes.



Life Literacy

Home is where the Heart is – Sorting Vegetables

As part of the topic "Home is where the heart is," students sorted fruits and vegetables at school. After learning to sort at school, students started helping their parents sort and store vegetables at home. Students have also learned to clean up the work area after completing the task.



Life Literacy

Calm Time

Silence encourages mindfulness and promotes self-awareness. Hence Calm time was introduced before lunch and before going home. Calm time gives a break from the constant stimulation that the students receive. Calm time gives children a chance to process and organize new information.

This helps deepen their learning and provides an opportunity for this solidification to occur. Calm Time, which began with two minutes and has now been increased to five minutes, is a powerful technique for behaviour modification. Parents are also encouraged to practise at home, before meals and before bed.



Kitchen

DIY - Do It Yourself

While watching the video, Samarth 2 students prepared sweet avar and lime juice as a group. A few of the students watched and learned from their peers. This month, the students are learning to make sweet avar and lime juice independently by going through the recipe.

While a few were cooking, the remaining students were busy picking spinach from their stems or peas from the pods.



Lunch

Eating as a group

At Sath Sadhana, eating with friends was designed well, marking the traditional way of having one meal together.

During mealtime, students develop bonding and communication. Students get the opportunity to talk and share with their peers, they observe the dishes and, thanks to their wonderful memories, remember the popular dishes that each student gets. They also know the foods that their friends dislike.

Eating together is an excellent way to promote social skills. Students enjoy quality time with their peer groups while dining in their comfort spaces.



Celebrations at a Glance

Volunteer Day – 6th December

This year's United Nations International Volunteer Day was held on December 5th. The theme of 2022 is "solidarity through volunteering."

Sath Sadhana is gifted with several volunteers pitching in for various activities. Volunteer Day was celebrated to acknowledge and thank all the volunteers. Everyone gathered and wished them a thank you for the support and time they put into the students' wellness. Students made thank-you cards and gifted them to volunteers as a gesture of gratitude.



Celebrations at a Glance

Lunch & Game Session for the wellness of Support Staff

Parents organized a wellness session for support staff at Sath Sadhana that included lunch and games. Support staff are our backbone. Sath Sadhana support staff have witnessed every emotion and progress of our students. They share a bond beyond words with our students.

Acknowledging this bond, the parents conducted various exciting games for Akkas and Annas and presented them with the students' handmade photo frames. Students gathered with their parents to cheer them on during games, which were followed by a speech thanking Akka and Anna for their contribution and support.



Celebrations at a Glance

Christmas Celebration – 23rd December

Christmas and New Year's are joyous occasions. Secret Santa gifts, Christmas carols, and Caps Fun games were celebrated with an overload of enjoyment. At Sath Sadhana, Christmas was celebrated on December 23, 2022.

Students discussed kindness and helping others, along with reminiscing about how wonderful the year 2022 was. Then they exchanged their gifts with others and shared their joy by singing and dancing together.

Everyone wished each other a Merry Christmas and a Happy New Year in 2023!



It is a pleasure to summarize our events for the end of Term II.

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

Till then stay safe and stay positive!

Cheers and All the best!

Chettinad – Sath Sadhana Team



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