



Dear Parents,

September 2023 has been a vibrant month of celebration and learning at our school. It was a time when our students not only celebrated festivals but also delved into the rich tapestry of India's diverse cultural heritage, understanding how these festivals are conducted in different states.

In academics, our students successfully completed the informative topic of "Circle of Trust," which emphasizes the value of trust and companionship in our lives. In the realm of skills development, they honed their coordination skills and acquired a keen sense of quality checking through engaging activities.

The highlights of this eventful month included our celebration of Onam, followed by a day dedicated to honoring our beloved teachers. We joyfully observed Krishna Janmashtami, praying to Lord Krishna, and our festivities culminated in the vibrant Ganesha Chaturthi, where creativity and devotion intertwined.

September has been a month of enrichment, where our students not only cherished the spirit of festivity but also expanded their knowledge and skills. It's been a wonderful journey of learning and celebration, and we look forward to more exciting experiences in the coming months.

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 – Facilitator Method**
 - **Skills – Lacing**
 - **Physical Education – Group PT**
 - **Empowering Parents of Girl Students – PTM**
 - **Crafting Teacher’s Day cards**
 - **Onam Celebrations at Sath Sadhana**
 - **Krishna Janmashtami Celebrations at Sath Sadhana**
 - **Ganesha Chadhurthi Celebrations at Sath Sadhana**
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Life Literacy

Facilitator Method

We're excited to introduce the Facilitator Method, a new way for our students to shine! Every student now has a special role in the morning, during skill-building time, at lunch, and when they're leaving for the day. These roles are designed to enhance their social skills, encourage peer interaction, increase their knowledge, and promote sharing. Additionally, they get to learn functional skills like preparing the classroom and taking attendance.

The best part is our students are truly embracing their roles and finding immense joy in them! These duties aren't just tasks; they're opportunities to form strong bonds with their friends and learn and grow in so many ways each day. They're not just completing their assignments; they're happily getting to know their peers better. At Samarth 2, it's all about learning and having fun.





Skills

Lacing





Lacing techniques offer our students, multitude of advantages, These techniques foster concentration and boost essential eye-hand coordination skills, making them especially valuable for all students. Furthermore, lacing provides a platform to master a range of stitching methods, including hemming and tacking, which is a life skill.

Improved Focus: Lacing demands precision, students develop enhanced concentration.

Fine Motor Skill Development: The intricate nature of lacing enhances hand dexterity, which can be beneficial for students with fine motor challenges.

Sensory Engagement: Lacing provides a multisensory experience, engaging touch and sight, which can be helpful for sensory integration.



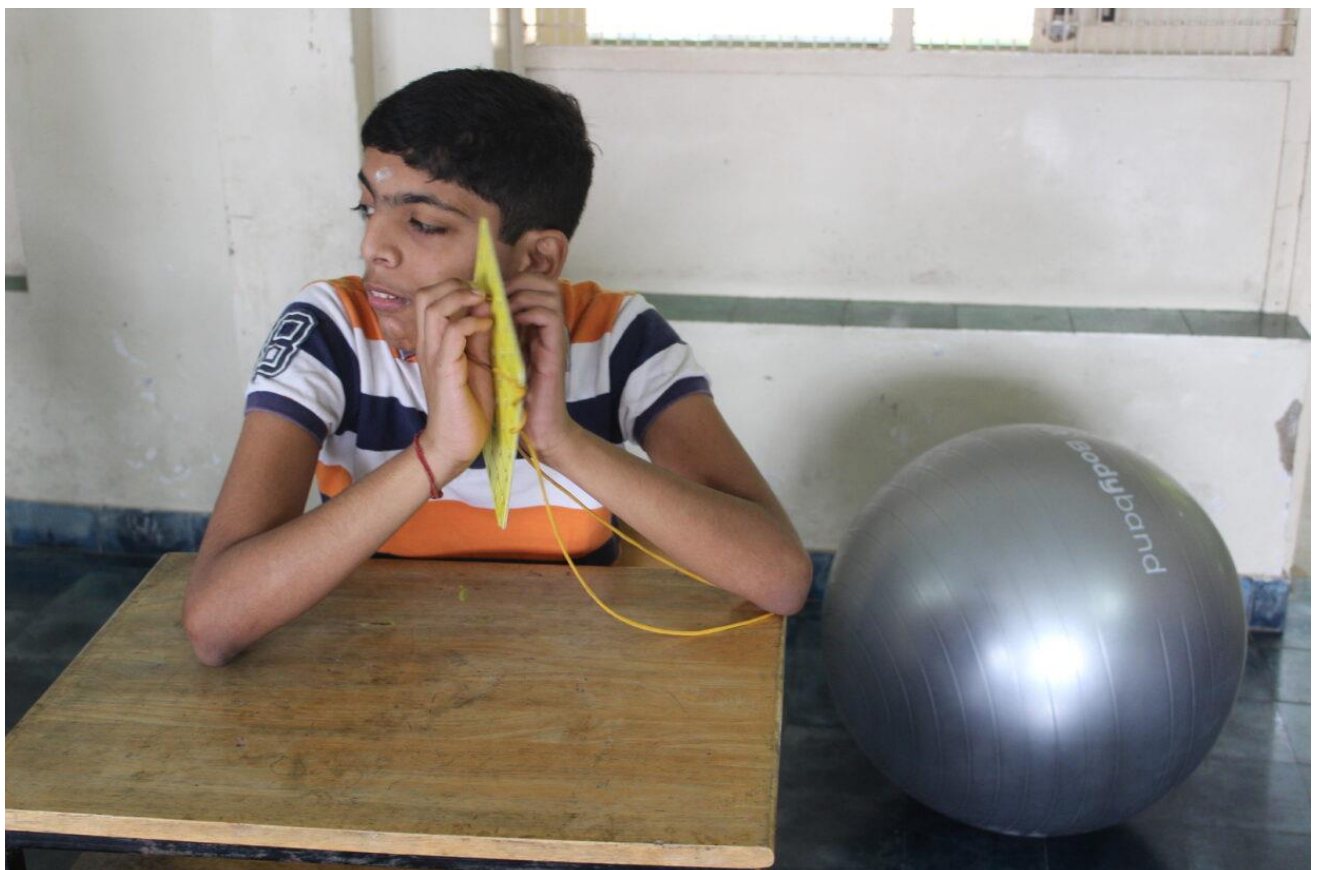
Skills

Lacing

Therapeutic Outlet: The rhythmic action of lacing can serve as a therapeutic outlet for stress relief and emotional regulation.

Individualized Learning: Lacing can be adapted to suit the specific needs and abilities of each child, promoting inclusivity and personalized learning.

Enhanced Self-esteem: Accomplishing lacing projects fosters a sense of achievement and self-esteem, which is crucial for the well-being of special needs children.






Physical Education

We are thrilled to announce the commencement of group physical therapy (PT) sessions tailored specifically for our students here at school. These sessions mark a significant step towards promoting overall well-being in a group set-up. They exhibit that they have now out-grown one on one support and can work in a group.

Group PT sessions offer a unique opportunity to engage in structured physical activities under the guidance. These sessions focus on addressing individual needs, improving motor skills, enhancing coordination, and building strength, all while fostering a sense of teamwork and companionship.

By participating in these group sessions, our students gain essential life skills such as patience, perseverance, and self-confidence.

Moreover, these sessions promote social interaction, allowing our students to form meaningful connections and friendships. The sense of belonging that arises from these group activities is invaluable and contributes to their emotional well-being.



We are committed to providing a holistic educational experience, and these group PT sessions are a testament to our dedication to the physical and emotional growth of every student. We look forward to witnessing the positive impact these sessions will have on our students as they continue to thrive and succeed.





Sath Sadhana's Parent-Teacher Meeting (PTM) – Empowering Parents of Female Students:


At Sath Sadhana, we recently organized a unique PTM exclusively for the parents of our female students. This gathering had a clear focus:

Empowering Pre-Teens: We discussed Pre-Period Planning to raise awareness among parents of girls who have yet to experience their first menstruation.

Promoting Period Independence: We aimed to equip parents with the knowledge and tools to encourage independence among their daughters during their menstrual cycles.

This interactive session provided a platform for parents and teachers to openly share their own experiences regarding their first periods. Some parents even shared their daughters' experiences and how they navigated this crucial milestone. It was evident that those who were well-prepared and informed were less anxious when their daughters began menstruating.

During the session, we presented a comprehensive document outlining the essential steps for Pre-Period Planning, which was thoroughly explained and discussed with the parents. To further empower female students during their periods, we introduced various menstrual hygiene products such as disposable sanitary napkins, reusable cloth napkins, and period panties. Visual aids in the form of posters were also displayed to assist parents in guiding their daughters toward independence. Additionally, we encouraged parents to support their daughters in using period tracking apps or calendars as a practical tool for menstrual management.





Sath Sadhana's Special Parent-Teacher Meeting (PTM) – Empowering Parents of Female Students:





Teacher's Day Celebration


Crafting Unique Teachers' Day Cards

Our students at Sath Sadhana have been on a remarkable journey of learning, and their recent project involved filling in alphabets and basic shapes using a variety of sensorial materials. This hands-on activity not only honed their motor skills but also sparked their creativity.

In the spirit of appreciating their wonderful teachers, this learning experience was taken a step further. The students decided to put their newfound skills to use by crafting personalized "TEACHERS DAY" cards for all the dedicated educators.

A distinctive aspect of these cards was their collaborative creation. Every student played to their strengths, with some skillfully, cutting out pictures, others expertly pasting them, some adding vibrant colours. Selected few taking charge of the card's written messages.

Our students have been learning the concept of the "CIRCLE OF TRUST" as part of our Life Literacy program. This holistic lesson imparts various ways to greet and interact with the people who populate their daily lives.



Teacher's Day Celebration

Crafting Unique Teachers' Day Cards

On Teachers' Day, this lesson took on a profound significance. Our students were encouraged to make Greeting cards to express their gratitude towards the teachers directly involved in their education and made small star cards for the other wonderful individuals who contribute to our school's vibrant environment.





Onam Celebration at Sath Sadhana


The Onam festival holds a special place in our hearts, as our students have love to flowers, music and dance.

At Sath Sadhana, we embraced the Onam festivities wholeheartedly. Our students transformed their respective classrooms into colorful canvases with beautiful pookolams, showcasing their artistic talents. The spirit of unity and appreciation blossomed as students made visits to each other's classrooms, marveling at the artistic creations.

Our celebration was not just about visual beauty; it was a holistic experience. Students came together to dance in joy and watched captivating videos that narrated the enchanting tale of Onam.

These sessions delved into the rich tapestry of Onam traditions, including the grand Onam Sadya feast, providing valuable insights into the cultural significance of the festival.

In essence, our Onam celebration was a delightful fusion of fun and learning.





Onam Celebration at Sath Sadhana



Krishna Janmashtami Celebration at Sath Sadhana

Janmashtami, a jubilant celebration radiating joy and merriment, was observed with great enthusiasm at Sath Sadhana. Our students adorned traditional attire, for the day. The festivities included a beautiful hand-made flower garland for pooja, melodious renditions of bhajan songs, and spirited group dances, strengthening bonds of friendship.

Adding to the festive spirit, students engaged in friendly competition through a lively game of tug of war, fostering teamwork among peers. The day culminated with a captivating pot-breaking activity, which not only honed their concentration but also encouraged them to aim for success with the cheer calls given by their friends and staff.





Krishna Janmashtami Celebration at Sath Sadhana



Ganesha Chadhurthi Celebration at Sath Sadhana


Vinayaka Chaturthi was celebrated on September 19, 2023, at Sath Sadhana. The highlight of this event was the creative involvement of our students, who made their own Ganesha idols using homemade dough. Furthermore, the students exhibited their artistic talents by creating Ganesha images from various materials, such as peepal leaves and flowers. The collective spirit of the occasion marked the celebration of Ganesh Chaturthi.

During the celebration, our students came together to sing melodious songs, recite slokas, and offered flowers to the Ganesha idols. They enjoyed a short skit presented by the acharyas enacting the story of Ganesha and Murugan. This emphasized on the role of parents and respecting them. The festivities concluded with sharing and distributing sundal prasadam, brought from their homes. This event nurtured a sense of togetherness, creativity, and spirituality among our students, creating lasting memories for everyone.



Ganesha Chadhurthi Celebration at Sath Sadhana





It is a pleasure to summarize our events for the month of September.
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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