



Dear Parents,

August 2023 is a jubilant month marking the start of festive celebrations and enriching educational experiences for students. The atmosphere is filled with joy and excitement as learners actively participate in various events, soaking in knowledge and enjoyment. The pinnacle of this month is the school's Independence Day celebration, where students showcase their creativity and enthusiasm. Their remarkable contributions infuse each event with vibrant colors and beauty.

Amid the festivities, students seamlessly acclimatize to the school environment, embracing the routines and lessons. Academically, the focus centers on the "Myself – Circle of Trust" topic, allowing students to explore their own identities and personal boundaries.

This holistic approach to learning fosters a sense of self-awareness and growth. Additionally, students engage in honing their skills, gradually adapting to new routines and methodologies. Their diligent efforts lead to noticeable progress and development as they navigate this journey of discovery and advancement.

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 – Circle of Trust**
 - **Pre - Skills – Slat Making**
 - **Skills – Paper Bowls**
 - **Physical Education**
 - **Independence day Celebrations at Sath Sadhana**
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Life Numeracy

Circle of Trust

Circle of Trust is a concept that has been introduced in Sath Sadhana for Life Literacy, aiming to provide students with a comprehensive understanding of trust dynamics. This unique approach empowers students with the knowledge of whom to trust and to what extent, promoting holistic growth.

At its core, the Circle of Trust comprises different concentric circles that progressively guide students through various aspects of trust. The journey begins with the Personal Circle, emphasizing the importance of respecting personal boundaries and refraining from encroaching upon others' spaces. This foundation cultivates a sense of individual responsibility and awareness, fostering a harmonious environment for all.

Moving forward, the concept extends to the Family Circle, wherein students recognize their family as a source of safety, support, and guidance.





Skills

Paper Bowls


In the engaging skills program at Sath Sadhana, students are delving into the world of creativity by crafting paper bowls. This hands-on endeavor involves a series of steps that not only spark imagination but also cultivate valuable practical skills.

Under the guidance of skilled mentors, students learn the art of applying glue meticulously, creating a strong foundation for their paper bowls. Utilizing bowls as stencils, they adeptly paste paper layers, gradually transforming the delicate material into a resilient structure.

As the process unfolds, students master the technique of thickening the paper layers, ensuring durability without compromising aesthetics.

Firstly, students embrace the joy of artistic expression, fostering a sense of accomplishment. Moreover, the process encourages fine motor skill development and attention to detail.

Teamwork thrives as participants collaborate, share ideas, and troubleshoot together, nurturing social skills. This endeavor also imparts practical knowledge in adhesive application and paper manipulation, which can be transferred to various real-life situations.




Skills

Paper Bowls

Crafting paper bowls at Sath Sadhana embodies the perfect blend of creativity and skill development, empowering students with a tangible representation of their efforts while fostering essential life skills for their future endeavors.





Pre - Skills

Slat Making



Crafting slats is a valuable activity for students as it cultivates a range of skills essential for their development. Engaging in slat-making nurtures their eye-hand coordination by requiring careful manipulation of materials, enhancing their ability to execute precise movements.

Additionally, the task involves counting and focusing, encouraging students to concentrate on the task at hand while keeping track of the slats they create.

Furthermore, slat-making promotes the development of sitting tolerance as students need to stay engaged and patient throughout the crafting process. This patient involvement contributes to their overall ability to focus on tasks for extended periods.

Organizational skills are also honed through this activity as students need to arrange materials, follow instructions, and assemble the slats in a systematic manner, fostering a sense of order and structure.

Moreover, the act of creating slats offers an outlet for creativity, allowing students to experiment with different designs, colors, and arrangements. This creative expression contributes to their artistic development and encourages them to think outside the box.



Pre - Skills

Slat Making

Overall, slat-making serves as a multi-faceted tool for skill enhancement, supporting not only physical coordination but also cognitive and emotional growth in students.





Physical Education


We are excited to share with you an insight into our thoughtfully crafted physical education curriculum, tailored to nurture the holistic well-being of our students.

At Sath Sadhana, we prioritize striking a harmonious balance between strengthening and relaxation. Our curriculum incorporates a unique blend of activities that empower our students both physically and mentally.

Physical Education is designed with a comprehensive and inclusive approach, encompassing aspects not only of occupational therapy and physiotherapy but also emphasizing relaxation and breath management.

This comprises yoga sessions, exercises for strengthening the core, group fitness activities, and mobility exercises.

Our approach begins with warm-up activities, providing a solid foundation for the subsequent strengthening and mobility exercises. These warm-ups are essential for priming the body, preventing injury, and optimizing performance.





To ensure a comprehensive understanding of our students' well-being, we meticulously track their weight and height. This data helps us tailor our curriculum to meet their unique needs and monitor their growth and development.




Independence Day Celebration at Sath Sadhana

On the 15th of August 2023, the students at Sath Sadhana School congregated with a shared purpose: to raise the Indian Flag and show homage to our nation. Following the flag hoisting ceremony, students, accompanied by their parents, engaged in a creative art activity. This artistic endeavor allowed them to portray their unique visions of India.

Collaboratively, they delved into expressing their thoughts and sentiments through art, emphasizing the value of independence.

As we commemorate Independence Day, even after 76 years, it underscores the remarkable progress we've made in terms of awareness and opportunities. It reflects how our nation continues to offer a secure and nurturing environment for our children.





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