

# St Joseph's Convent School, Bathinda



## PRISM

Volume 303

An insight into activities organised from January to June 2025  
(KG and Primary Wing)





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# From the PRINCIPAL'S DESK



Dear Parents

"In this life we cannot do great things. We can only do small things with great love." - Mother Teresa

In her quote, Mother Teresa very powerfully captures important wisdom about how to approach life and schooling, to make it more fulfilling and significant. Teaching and learning offer us numerous opportunities to focus on a number of "small things" that culminate over the time to produce students who are prepared to do the "great things" of life.

We, at St Joseph's Convent School, ensure high quality of education which motivates and empowers our students to be lifelong learners and the productive members of the society. At 'SJCS' education is not just the amount of information that is put into a child's brain, our education system is the one that caters to the individual needs of our students. We are proud to place before you the growth of your wards with the continuous support of Management and dedicated staff.

I am immensely grateful to you dear parents, teachers and all who give their constant support to the growth and development of our students. Words of appreciation to Mrs Meesha Gupta for her tireless efforts in bringing out this e-newsletter.

Sr Ophelia Lobo  
Principal

# PEARLS OF WISDOM



Dear Young Explorers

At St Joseph's Kindergarten, learning comes alive through hands-on adventures that spark creativity, curiosity, and joy. Whether it's singing a song, painting a masterpiece, or building something together, the children have turned every moment into a celebration of discovery—and it's been a delight to witness!

Their imagination shines bright—each artwork tells a unique story, each performance radiates joy, and every little step they take leads toward a bright and promising future.

They're brave in trying new things, kind in making new friends, and curious in exploring what makes them special. Whether it's planting seeds in the garden, racing on the playground, or experimenting in the classroom, they're blossoming every day.

We are immensely proud of their enthusiasm, compassion, and boundless energy. They don't just participate—they inspire others with their spirit!

Besides hands-on activities, we also emphasize the importance of health and hygiene, nurturing good habits from the start. To support our students' well-being, we organize dental camps and health awareness sessions that teach children how to care for themselves in simple and fun ways.

Let's keep the excitement blooming! There's magic in every corner of our school, waiting to be explored. Stay playful, stay positive—and most of all, keep being the wonderful YOU.

Sr Helima  
KG Headmistress

# PEARLS OF WISDOM



Dear Children

All that begins well, ends well, you are all back to school after a long summer vacation, to learn and grow with your teachers and friends. Their dedication and commitment will inspire you to be a better person. I encourage you to keep on going even when you find it difficult. Learning is a lifelong enriching journey, you are the beacon of hope for the betterment of the world.

School is a community where all the students feel valued and inspired. When we focus on hard work we succeed in everything we do. The beautiful thing about learning is that no one can take it away from you. It's a powerful weapon which you can use to change the world. Learn by creating curiosity which will continue as long as you live. This is the best gift you can give to yourself. So, read, learn and grow together as an amazing boy/girl just the way you are.

I pray God's blessings on you that you may have enough happiness in life, a mind enriched with truth and a heart filled with love. Let us reaffirm our commitment to excellence and progress.

Sr Elsie Vas  
Primary Headmistress

# EDITOR'S MESSAGE



Dear Readers

Welcome to Prism, a newsletter that captures the vibrant journey of the Josephite fraternity. This edition highlights the activities and achievements from January to June 2025. As we reach the halfway mark of the year, our enthusiastic and talented students have made remarkable progress through their active participation in a wide range of events.

There is still much more to explore and learn in the coming months, and we look forward to seeing our students continue their journey of growth and discovery.

Every day brings new tasks and fresh challenges. At St Joseph's Convent School, we embrace each challenge with a positive spirit, drawing strength from our faith and the power of prayer. Our students are nurtured to believe in God and the importance of spiritual grounding in their lives.

I sincerely thank our respected Principal Sr Ophilia, for her guidance and encouragement in bringing this edition of Prism to life. Your vision has uplifted the school and helped Prism proudly enter its third year.

We hope this edition brings you joy with the highlights of our school's latest achievements and updates.

Meesha Gupta  
Editor and Designer



# SCHOOL MANAGEMENT



From Left: Sr Preetiwanti Bodra (Office Incharge),  
Sr Helima (KG Headmistress), Sr Ophilia Lobo (Principal),  
Sr Grace Maria (Manager), Sr Navina Pinto (Vice Principal),  
Sr Elsie Vas (Primary Headmistress)

## IN CHARGE OF ACTIVITIES Session 2025-26



Bottom Row: Sr Ophilia Lobo (Principal), Sr Navina Pinto (Vice Principal)  
Top Row: Mrs Jenifer Tigga, Mrs Meesha Gupta, Mrs Jagdeep Dhir,  
Mrs Mandeep Mahal, Ms Honhaar Sidhu

# BLESSINGS OF THE LORD

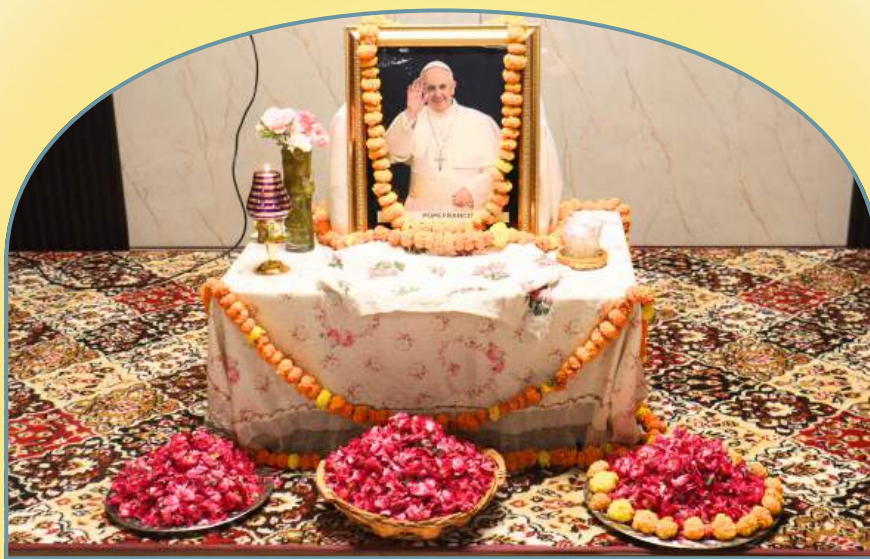
The school witnessed a solemn and heartfelt blessing ceremony. Fr Ivo and Fr Venetto moved throughout the campus, sprinkling holy water and offering prayers of protection, wisdom, and peace over the students and staff alike. Accompanying this sacred act, the school choir filled the corridors with melodious hymns. It left an indelible mark on all present.





# PRAYER SERVICE

The school management and the staff gathered in solemn unity to offer a heartfelt Prayer Service in memory of Pope Francis. The service began with candle lighting. Selected readings from holy scriptures were shared to guide and draw everyone closer. Pope Francis' contributions to the church and humility were remembered. The service was further enriched by the singing of hymns. A final tribute was paid with the shower of flower petals, that symbolised respect, acknowledging the beauty and grace that he brought into our lives.





# APTITUDE AVENUE

## WELCOME TO LKG



St Joseph's family warmly welcomed the new LKG students as they stepped into their first day of school. The atmosphere was filled with joy and care, making each child feel special. The classrooms were beautifully decorated, creating a cheerful and inviting environment. Exciting activities like a selfie point, dance sessions, and fun icebreakers helped the little ones to feel comfortable.



## SCHOOL TOUR

To facilitate the little learners prepare for school, a school tour was organised for class LKG. The goal was to build familiarity with the school environment, develop essential skills, and create a positive attitude toward learning.





## PARTS OF BODY

Students of LKG engaged in an educational activity centered around learning the parts of the body. The activity commenced with an engaging video. Following this, students participated in a hands-on activity where they assembled and pasted cut-outs of body parts on worksheets, reinforcing their understanding through tactile learning.



## MATHS WITH DICE

Maths activity was conducted using a dice for LKG students. The activity aimed at visualising basic mathematical concepts such as number recognition, counting, and quantity comparison through interactive play. Students rolled colorful dice and identified the number. They practiced counting and matched the quantities to the numbers on the dice.





## HAND AND THUMB IMPRESSION



Hand and Thumb Impression activity was conducted for class LKG to celebrate Mother's Day. The activity aimed to encourage creativity, and strengthen the bond between the child and their mother. Children used bright shades to create colourful impressions on the card. Each child created an everlasting memory for their mother.

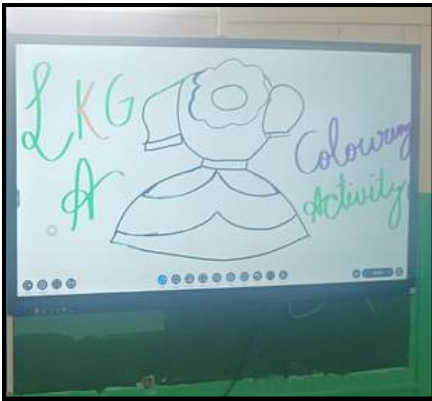
## COLLAGE MAKING



Collage Making activity was conducted for LKG students on the topic "People Who Help Us". This hands-on activity helped them to recognise important figures in the community. By learning about community helpers, students not only expanded their vocabulary and knowledge but also began to develop social awareness and responsibility.



## COLOURING



Students of LKG fervently participated in Colouring activity. Along with bringing joy, it enhanced their fine motor skills, focus, and hand-eye coordination. It was a fun-filled session that encouraged self-expression and imagination in a playful and engaging environment.



## MATHS ACTIVITY

To improve the numerical skills of the students and to teach them key mathematical concepts, a Maths activity - Prodigy of Maths was conducted for class IV. The activity was highly riveting and promoted active learning. It had an integrated and collaborative approach making the concept more practical and relatable for students.





## HANDPRINT

Unravelling the wonder of hands, LKG students engaged in a handprinting activity. The joy of creating something with their own hands gave the little ones a sense of accomplishment and happiness. The activity fostered a strong bond between the students and their teachers.



## BAGLESS DAY

Bagless Day was organised for classes UKG and I. This initiative proved to be an effective way to give learners a break from their routine. Children engaged in fun-filled and educational activities including games, colouring worksheets, and interactive skill-based videos.





## NATURE WALK

The first-grade students went on a nature walk with their teachers, linking their outdoor experience to the English lesson "Look, a Butterfly." As they explored the natural surroundings, they observed various plants, animals, and insects. This activity helped reinforce their learning in a real-world context, making the lesson more intriguing and riveting.



## SENSORY ADVENTURE

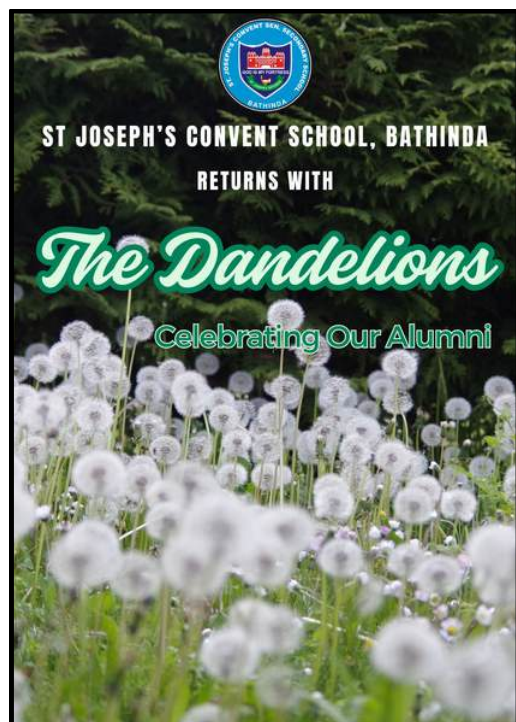
Class I students embarked on a thrilling Sensory Adventure, exploring the world through their senses. With audio-visual aids, they discovered the importance of sense organs. Through interactive games and activities, they learned about the role of each sense in perceiving the world. The EVS chapter came alive as they connected theoretical concepts to real-life experiences.



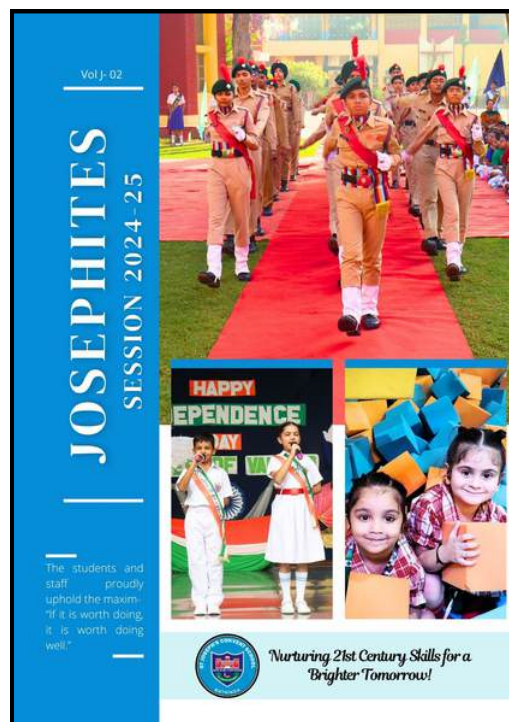


# LAUNCH OF NEWSLETTERS

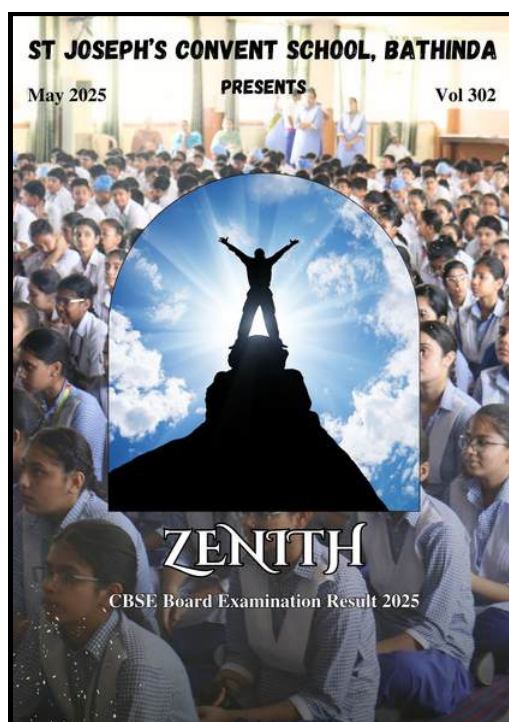
St Joseph's Convent School continues to reach new heights each year. As part of its ongoing growth, the school has launched three newsletters that highlight its diverse activities and celebrate the achievements of its students.



**The Dandelions:**  
Success stories of alumni



**Josephites:**  
School Yearbook (Printed Edition)



**Zenith:**  
CBSE Board Examination Result



## COMPUTER ACTIVITY

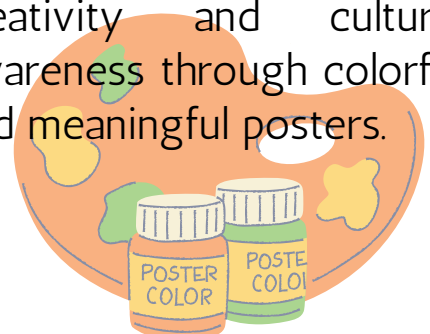


To enhance problem-solving skills, a computer-based activity integrating Mathematics was conducted for students of class IV. Using LOGO, students engaged in hands-on exploration of geometric concepts, deepening their understanding of angles and shapes. This initiative aligns with SDG 9 by promoting innovation and skill development essential for the future.

## POSTER MAKING



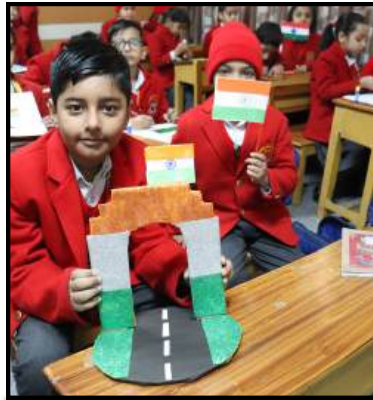
A poster-making activity was organized for Class V on the theme Baisakhi to celebrate the vibrant spirit of this joyous harvest festival. The event saw enthusiastic participation from students, who beautifully expressed their creativity and cultural awareness through colorful and meaningful posters.





## FLAG MAKING

Flag Making activity was organised for class II students. Each student received an outline of the National Flag, and teachers explained its significance and the meaning behind its colours. The children enthusiastically created their own flags, feeling a sense of pride and patriotism in the process.



## PIECE TO CAMERA



Self-awareness is the key to personal growth. Keeping this in mind, an activity titled Piece to Camera was conducted for class IV students. In this activity, students explored their inner selves, identifying their strengths and areas for improvement. This helped them become more confident and self-assured.





# CARD MAKING

Students participated in a creative card-making activity, designing colorful, heartfelt cards using paper, markers, and decorations. The activity encouraged artistic expression, teamwork, and appreciation for special occasions and people. The students put forth their skills in the following themes:

**Class UKG, II and III- Mother's Day**  
**Class IV- Labour Day**



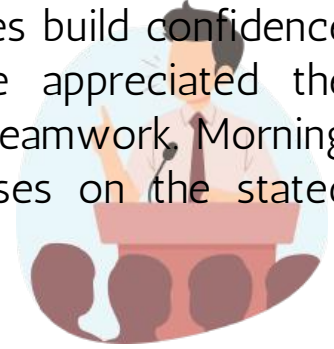


## MORNING ASSEMBLIES

Morning assemblies play a vital role in school life. It teaches the young minds about world around them. Assemblies build confidence in children. The Primary Headmistress Sr Elsie appreciated the students for their exceptional speaking skills and teamwork. Morning assembly was conducted by the following classes on the stated themes.

**Class II- Say No to Mobile Phones**

**Class IV- Being Humble**







# COMPETITIONS

## COOK WITHOUT FIRE

A fun filled Cook Without Fire competition was organised for classes II-V. The students zealously participated in preparing a variety of healthy dishes, beverages and salad platters. The competition enhanced their knowledge of nutrition. The judges were highly impressed by the presentation, taste, and nutritional value of the dishes.





## ENGLISH CALLIGRAPHY



English Calligraphy Competition was conducted for class I students. The event aimed to encourage young learners to develop neat, legible, and beautiful handwriting through the art of calligraphy. Students participated with great enthusiasm, showcasing their creativity and concentration.

## COLOURING



Colouring competition was conducted for the UKG students on the theme of Labour Day. The event aimed to introduce young learners to the importance of workers in our society and to honour their hard work and dedication. The activity instilled respect for all professions among young learners.



## PUNJABI CALLIGRAPHY

Punjabi Calligraphy Competition was organised for class II. The activity stimulated their cognitive engagement, supporting the development of a broader vocabulary. Participants presented content with an emphasis on proper formation, size, spacing, and neatness of words.



## HINDI CALLIGRAPHY

Hindi Calligraphy Competition was conducted for class III students. The primary objective of the event was to assess the writing quality of the students and encourage them to enhance their writing skills. All students participated enthusiastically, showcasing the finest examples of their handwriting.





## ENGLISH SPEECH



English Speech Competition was held for class V. The event aimed to enhance their speaking skills, boost their confidence and encourage them to express thoughts clearly and creatively. The event not only displayed the talent of the young learners but also helped them overcome the stage fear.



## HINDI POEM RECITATION



To build confidence and enhance their speaking skills, Hindi Poem Recitation Competition was organised for class V. The event aimed to encourage students to speak accurately and persuasively while appreciating the beauty of Hindi literature. The participants recited the poems with expression, clarity and intonation.





# FANCY DRESS

A vibrant and creative Fancy Dress Activity was conducted for the students of class III. The event was a colourful showcase of confidence and enthusiasm where the students brought forward a variety of characters to life through their costumes and performances. The activity blended learning with fun, offering students to explore their hidden talents.





# SPECIAL ASSEMBLIES

## GRADUATION DAY

The Graduation Day celebration for Class I students was a memorable event filled with joy, gratitude, and warm wishes. This special assembly began with a heartfelt prayer of thanksgiving, expressing our gratitude for the wonderful journey of learning and growth in the Kindergarten Wing. A special parade was organized, where young graduates walked with pride, showcasing their enthusiasm and excitement for the next chapter of their academic journey. As a token of love and appreciation, each student received a small gift, symbolising best wishes for their bright future.





# INVESTITURE CEREMONY

## Kindergarten Wing

The Investiture Ceremony is a significant event that highlights the values of responsibility and leadership among students. The newly appointed House Council Members of Batch-I (2025–2026) were formally inducted. They pledged to uphold the values and principles of the school with dedication and integrity.





# INVESTITURE CEREMONY

## Primary Wing

The Investiture Ceremony stands as a proud tradition, celebrating the spirit of leadership and responsibility among students. During the event, the newly appointed House Council Members of Batch-I (2025–2026) were officially inducted into their roles. They took a solemn pledge to uphold the school's values and principles with unwavering dedication and integrity.





# LABOUR DAY

Labour Day celebration by students of KG and class IV delighted everyone: dancers twirled gracefully, and a meaningful enactment conveyed the dignity of work and gratitude to all workers. The celebration was truly touching, educational, and memorable.





# REPUBLIC DAY

The school celebrated Republic Day with great enthusiasm. The students of Class III presented a captivating street play, beautifully highlighting the key features of our Constitution. Their performance showcased the rights and duties enshrined in it, leaving the audience inspired.



## Unfurling the Flag



The 76th Republic Day celebrations were held with great fervor and patriotism within the premises of the school. The ceremony commenced with the dignified unfurling of the national flag by the Principal, accompanied by the school staff. The event was a testament to the school's commitment to instilling values of nationalism and civic responsibility among its students.



*Presenting*

# **SVARON KE SANG**

INTERSCHOOL  
INSTRUMENTAL MUSIC COMPETITION

*Organised for the first time*





## SVARON KE SANG

The spirit of music filled the air as St Joseph's Convent School proudly hosted the Inter-School Instrumental Music Competition. The event brought together talented young musicians from eight different schools, each eager to showcase their passion, skill, and creativity through the universal language of music. Performances featured a range of instruments, the soulful sounds of the guitar to the dynamic energy of drums and the vibrant melodies of the keyboard. The music built a bridge between schools, students, and cultures; reminding everyone that art knows no boundaries.





# LEARNING LOUNGE

## ORIENTATION FOR PARENTS OF LKG

An orientation programme was held for the parents of newly admitted LKG students. The event began with an engaging performance by the tiny tots, creating a cheerful atmosphere. The primary goal of the programme was to familiarise parents with the school's philosophy, curriculum, and educational practices.





# GOOD TOUCH AND BAD TOUCH

Students of class I were apprised about Good Touch and Bad Touch. The students were explained about how a person feels when one is touched. They were told how to be vigilant while dealing with anyone. They were also encouraged to be friends with their parents and to share everything with them. This vital concept was introduced to the children in a simple yet engaging way.







# FACULTY FORTIFICATION

## REJUVENATION WEEK

The school hosted a week-long series of events for teachers. Fitness with yoga energized the teachers. A music and dance day featured performances by talented teachers. Finally, a sports activity day with tug-of-war, statue games, and musical chair brought out the competitive spirit. These events provided a much-needed break, fostering teamwork, bonding, and unforgettable memories among staff.





# STAFF MEETING



Annual Staff Meeting was held at the new meeting room in the basement. The session 2025-26 commenced with a comprehensive review of the various teaching methods by the School Manager Sr Grace Maria, who emphasised on the students as the primary focus of the learning process. This was followed by, a session with the Principal Sr Ophilia, who acknowledged the hard work and dedication of the teachers and all the members of the institution. Newly appointed staff was also warmly welcomed.





## HAIR DONATION

An awareness session on hair donation for wig-making was conducted for the teachers of St Joseph's Convent School, led by Dr Sapna Bhatti, Oncologist at AIIMS, Bathinda. The session aimed to educate teachers on the importance of hair donation and how it can positively impact the individuals suffering from hair loss due to medical conditions such as cancer. She explained the minimum hair length required for donation and mentioned organizations that accept hair donations. Emphasizing the emotional and psychological benefits of receiving wigs, the session highlighted how such donations restore confidence and dignity in the patients.





# MENTAL HEALTH AND AWARENESS

In a proactive initiative to strengthen the emotional resilience and professional wellness of educators, an orientation session on 'Mental Health and Wellness for Teachers' was conducted. The orientation was anchored by Mrs Gurmeet Kaur, Mrs Monisha Lorraine and Ms Honhaar Sidhu, around key themes derived from the CBSE Mental Health and Wellbeing Manual. The orientation marked a meaningful step towards embedding mental health into the core fabric of education. By focusing on teachers first, the programme reaffirmed that emotionally well educators are the foundation of emotionally intelligent schools.





# CBSE PARENTING CALENDAR

An orientation session was held to introduce the teaching staff to the CBSE Parenting Calendar, aiming to strengthen parent-school collaboration and promote holistic child development. The session was facilitated by Mrs Smriti Brar and Mr Banmeet Singh. Teachers were introduced to the purpose of the Parenting Calendar, which emphasizes building meaningful connections between home and school to support student well-being. Highlights from the CBSE Parent Survey were shared, shedding light on parental expectations and common concerns. Practical methods for incorporating parent-linked activities into regular teaching were discussed. The session provided valuable insights into aligning classroom efforts with parental involvement in a structured yet flexible way.







# VICTORY VAULT



"You dreamed, you dared, and now you've done it. Your achievement isn't just personal—it's inspirational."



Kudratleen Kaur (V-D) bagged the second position and a trophy at Bathinda Kids Got Talent.



Miraya (II-D) received certificate of participation and a trophy at Talent Carnival held at St Xavier's World School, Bathinda.



Varuni Goyal (II-D) won gold award certificate in Mathematics Olympiad(IFMO).



Supreet Kaur (V-C) scored 100% in level 2 in ABACUS(Runners).





Dhruvin Bansal (V-A) and Wansh Raj Kaur Pannu (III-A) won gold and silver medal in 18th Sub Junior District Bathinda Wushu Championship.



Bhavyaa Garg (II-D) and Gurmant Singh Sivia (II-C) were the merit holders at State level competition(ABACUS).



Ayaan Gupta (V-D) bagged the third position and a trophy in Solo Instrumental Music competition.



Pehal (V-D) bagged the third position and a trophy in Inter-School Poetry competition.



Aivish Singla (III-C) participated in cancer awareness walkathon.

Believe  
and  
Achieve





Mannan Garg (II-A), Vaani Garg (IV-B) and Pariza (IV-B) received participation certificates in the Half Marathon (Skyline Apartment Bathinda).



Turag Goyal (II-D) won Gold medal in Wushu championship-18th Sub junior(19 Kg event).



Nyonika Garg (VII-A), Dhruvin Garg (IV-A) and Saransh Gupta (VII-B) participated in Open Mic Soul Expression and workshops on poetry and creative writing organised by Juju's Reders Club, Bathinda.



Dhruvin Bansal (V-A) won a silver medal at 27th sub junior Punjab State Wushu championship.

## OLYMPIADS

Winners of SOF International Social Studies Olympiad (ISSO) and International Computer Science Olympiad (ICSO).



# OLYMPIADS



Gold medals of Excellence were awarded to 13 victorious students for their comprehensive knowledge in International General Knowledge Olympiad.



Mathematics Olympiad Winners – A Celebration of Academic Excellence. We are thrilled to honour the outstanding achievements of our Olympiad champions, who have demonstrated exceptional critical thinking skills, perseverance, and a true passion for Mathematics.



We celebrate the incredible achievements of Science Olympiad winners. Their passion for science, problem-solving skills, and dedication to excellence has earned them well-deserved recognition on this prestigious platform.



Twenty Josephites nailed Gold Medal of Excellence in International English Olympiad.