

# Lighthouse EDITOR'S DESK

My heart felt compliments to our colleagues, for their untiring contribution. This E-letter brings me zeal and interest to do more for our kids and institution.

Convert every opportunity in to a splendid outcome'.

- Mr.A.Senthil Ramesh

Correspondent

My dear wonderful colleagues, It's good that you take strenuous effort to using wholesome development in our children. Let this venture , continue on every part of our SBOA's beautiful occasion of learning.

Kudos to you!!!

- Mrs.Sabural Banu Ibrahim

Principal

Warm Greetings! I am very glad in releasing the first issue of the e-Newsletter – Lighthouse, a felicitous clause, during the beginning of the Academic Year 2018 - 2019. This is a digital era in which parents, teachers and society share the responsibility of guiding this generation in a safe zone. SBIOA Educational Trust has been a pioneer is leading us with a focus on SBIOA Vision 30. There are design Teams working towards 'Envisioning the Invisible'. The articles of this newsletter are shared by the Staff Members of various design teams in our school. Lighthouse brings out the vision, useful information, activities, ideas and learning experiences that are helpful in moulding us and our children.

In the fresh mind of each child, dreams begin as tiny seeds. These tiny seeds when nurtured with care and vision can be transformed into Fruitful Trees.

I wish this purposeful venture a grand success. We the editorial team of "Lighthouse – Issue 1" would like to share hope and positive rays to the Readers. Lively Reading!!

- Mrs. Anitha Caroline

Headmistress



"Support each other rather than trying to be better than each other"

# SBOA SCHOOL



## EQUALITY

"Equality of opportunity is the essence of Social Justice"

Everyone must be given equal opportunity. This will help in exploring the hidden potential of each individual. Both boys and girls must be guided towards loving a sport. Loving a sport will teach children vital life skills like discipline, motivation, commitment and cooperation. Once the favourite sport is identified it should be nurtured and motivated school teachers and parents should learn to treat both boys and girls equally.

Regarding our school equal importance is given to boys and girls. Especially in Physical Education Department both boys and girls are treated equally. We proudly declare that our school has a representative from both gender for individual championship at National level. This equality should be followed everywhere in all schools and colleges, in villages and cities in Academics and sports to make a nation proud.

N. Bharath Arun

SGT- P.E.T



## Paradise Builders

### To make cities inclusive safe resilient and sustainable

SBIOA Educational Trust took an initiative by joining hands with United Nations sustainable goals for development of India. We, the department of English focus on the realization of goal 11: Sustainable Cities and Communities to be imparted and implemented in the mind of the blooming buds of our school. Making cities safe and sustainable means ensuring access to safe and affordable housing and upgrading slum settlements. It also involved investment in public transport creating green public spaces and improving urban planning and management in the way that is both participatory and inclusive. In order to inculcate the goal the following activities are planned and performed in our school

First week the following two activities 1. Segregation of degradable and non-degradable waste in school premises. 2. Demonstration of a model of waste unit. recycling of water with a model was done. 3. Implement of green corner nature walk to a Nursery Garden in Thuvaraman. 4. Group ride on an eco-friendly vehicle. 5. Protest was done to make awareness about protecting nature. Preparation of a Model City to visit Heritage place to note down the special features.

Working and non-working models were done and will be exhibited to envision the future sustainable India.

## Sustainable Cities

Department of English



### EARTH CHANGERS

*Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.*

We, the Earth changers work towards achieving following SDG goals such as Life on land, Life below Water, Climatic Action, Responsible Consumption. Our aim is to make all our students as Earth Changer so that they can bring about change in the Earth in 2047.

Human life depends on the earth as much as the ocean for our sustenance and livelihoods. Forests account for 30 percent of the Earth's surface, providing vital habitats for millions of species and important sources for clean air and water; as well as being crucial for combating climate change.

The SDGs aim to conserve and restore the use of terrestrial ecosystems such as forests, wetlands, drylands and mountains by 2020. Halting deforestation is also vital to mitigating the impact of climate change. Urgent action must be taken to reduce the loss of natural habitats and biodiversity which are part of our common heritage.

This goal is about looking after the land we live on, as well as the plants and animals who call those places home. Not just because we should preserve the natural beauty and diversity of our planet, but because as humans we rely on the natural world for our very survival.

Mrs. Mary Diana  
SGT—Biology



### Economic Growth and Infrastructure

We feel that being an ordinary citizen how can we contribute to any positive economic growth of any institution or a country. By doing right things (simple) we can bring change in us as well as others we can use public transport instead of using a car or a bike. Doing this we pay to the government, we save natural energy (petrol) and avoid pollution.

*"A simple Act does a lot of change when many of us follow it"*

Using less energy at school, office and home or using solar panels we help our environment and ourselves too. Reduce, recycle and reuse anything that we can. For example: Paper usage can be reduced, recycled and reused. So with just small little things we can do a lot for the betterment of our environment, the country and the humanity.

- Mrs. Pandima Devi  
SGT-Mathematics



*Lets take up the goal to change the Earth*



## Quality Education

The top learning Technology Trend changing e-Learning. e-Learning is experiencing revolution due to the recent advancement in technology. The introduction of new gadgets, innovative tools for trainers and cutting - edge equipment has allowed us to create new e-Learning experiences that we could only dream about a decade ago.

The present day's hottest technological trends play a major role both in influencing e-Learning and offering brand new ways to share knowledge and deliver content. Here are some of their emerging Technologies.

### Virtual Reality

Virtual reality (VR) is a computer technology that utilizes virtual reality headset in order to create realistic sounds, images and other sensations that promote user's physical presence in an imaginary of virtual environment.

### Augmented Reality

Augmented reality is a technology that superimposes a computer generated image on a user's view of the real world



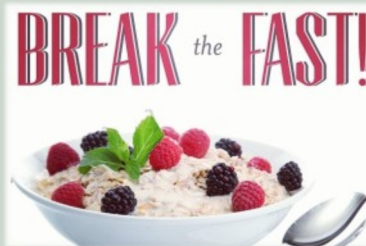
thus providing a composite view.

### Artificial intelligence

Artificial intelligence is referred to the intelligence displayed by machines as opposed to natural intelligence displayed by humans and animals. AI can help highlight areas that require improvement and assist students in focusing on areas where they are lagging.

### Wearable devices

These are smart electronic devices that can work on the body as implants or accessories. Wearable devices have the potential to scenarios and simulations to the next level, which is why they can be used to make learning solutions much more interesting and comprehensible.



### IMPORTANCE OF BREAKFAST

**“Our food should be our medicine and our medicine should be our food”**

- Hippocrates

In this hustle and bustle life, morning the children are asked to wake up by their mom many times. The children delay to get up and when they finish all their morning duties like, brushing, bathing, wearing dress, tie and shoe, the time gets over. The main target is that they should go to board the bus or van in time or the bus will leave. As both the parents are working, they can't drop the child at school. So even if the child had not taken breakfast, they make the child to get into the bus correctly. They just give a glass of milk or coffee. It continues for many days and the children stay hungry for many hours after their dinner. They break their fast after 16 hours. As they don't get sufficient glucose, how can they be active? The child cannot concentrate in his/ her work or at play. They will get gastritis.



*Balanced Diet*

Providing care is in the hands of the parents. They should decide which is needed for their dear child. It is their responsibility too to keep their child in good health.

The parent should inculcate and practice good habits. The parent should bring the habit of getting up early and drinking warm water, defecating practice, having breakfast etc. They should train the child to drink 2.5 liters to 3 liters of water daily, to eat healthy lunch, fruits, nuts and vegetables. They should develop the habit of doing exercises and taking dinner before 8pm. The parent also should make the child to get good sleep.

If the parent brings up a healthy child, we can build a healthy society. Let's create awareness to parents to create a healthy environment.

**- Mrs. Sheela Rose**  
**Staff Nurse**

### **The Responsibility Is Ours!!!**

In We share much responsibility in this modern era. This article is aimed not at stressing ourselves more. Instead it motivates us to act consciously in imbibing the attitude of equality and respect for the other gender in the fresh minds of our children.

‘Egalitarian Ensemble’ is one of the design teams of SBIOA Vision 30 focusing on minimizing all forms of inequality. The members of this design team firmly believe that unless there is an attitudinal change, achieving respect for fellow-beings is quiet challenging.

Is ‘Overcoming Ego?’ - an easy task in this world that is immersed in self-centrism. A systematic broad minded wellness centered approach may surely help us move forward towards achieving equality.

From a Psychologist’s perspective, the attitude of each child about Gender Equality and Reduced Inequalities must be explored. (i.e) the emotion felt and belief should be expressed by the individual to the parent or the teacher. This attitude is often the result of experience or upbringing.

It has a powerful influence on an individual’s behaviour.

As we deal with children, this fact that the Concrete and formal operational Stages are the cognitive developmental stages of a child of age 7 to 11 and above 12 respectively from Piaget’s cognitive development theory is helpful.

Logical thinking develops at age 7. Children begin using inductive logic, or reasoning from specific information to a general principle. During this stage, children also become less egocentric and begin to think about how other people might think and feel. At this age, parents and teachers are more responsible in sensitizing the children about the negative consequences of inequality in the society.

If it is done in a correct way, a social reformation is probable to happen. As teens of age 12 and above begin to think more about moral, philosophical, ethical, social, and political issues that require theoretical and abstract reasoning, they may use deductive logic, or reasoning from a general principle to specific information to impact the society.



Kindly motivate your child to fill in the given format:

<b>Your knowledge and understanding about the concept of inequality: (Schema)</b>
<b>Any new information you gained from your observation or experience: (Assimilation)</b>
<b>In what way did this new information modify the existing knowledge on inequality? (Accommodation)</b>
<b>How do you want to enhance equality based on the information gained? (Equilibration)</b>

Lets join hands in creating a just society! You are welcome to join the Egalitarian ensemble through your contribution of ideas and experiences!

**Mrs. J. Juanita**  
Student Counsellor



### **FORTUNE WINNERS**

‘அரிது அரிது மானிடராய்ப் பிறத்தலரிது’ – என்பது ஓளவையின் வாக்கு. இவ்வரிய மானிடப் பிறப்பிற்கு மிக முக்கியமான அடிப்படைத் தேவைகள் உணவு, உடை, இருப்பிடம் ஆகியவை ஆகும். அனைத்து மக்களுக்கும் போதுமான அளவு உணவு, உடை கிடைக்காத போது வறுமையும், பசியும் உருவாகின்றது. இதைப் போக்க வேண்டும் என்ற எண்ணத்தை மாணவர்களுக்கு இளம் வயதிலேயே ஏற்படுத்த வேண்டும் என்ற நோக்கில் இத்தலைப்பு தேர்ந்தெடுக்கப்பட்டது.

‘தனி மனிதனுக்கு உணவில்லை எனில் ஜெகத்தினை அழித்திடுவோம்’ - என்றார் பாரதியார். அப்படிப் பார்த்தால் இன்று அழிக்க ஜெகங்கள் போதாது. ஏனெனில் இந்தியாவில் வறுமையில் வாடும் மக்களின் எண்ணிக்கை அதிகரித்துக் கொண்டே போகிறது. இதை நீக்கும் பொருட்டு எஸ்.பி.ஓ.ஏ பள்ளியால் எடுக்கப்பட்ட சிறு முயற்சியே வறுமையின்மை, பசியின்மை.

- ◇ மாணவர்கள் தங்கள் பிறந்த நாளன்று ஏழை மாணவர்களுக்கு உணவு மற்றும் பரிசுப் பொருட்கள் வழங்கினர்.
- ◇ ‘வறுமை ஒழிப்பு தினம்’ அன்று பள்ளிக்கு அருகில் உள்ள கிராமத்தின் ஏழை மக்களுக்கு மாணவர்களை அழைத்துச் சென்று உணவு வழங்கினோம்.
- ◇ பசியைப் போக்க மாணவர்கள் அனைவரும் கைகோர்த்து உதவ முன்வந்தனர். சிறு முயற்சியின் முதற்படி எடுத்துவைத்த நிகழ்வு அனைவருக்கும் மகிழ்வைத் தந்தது.

Tamil Department



*“Men and women have roles –  
their roles are different but their  
rights are equal.”*