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REMINISCE

A Monthly Newsletter
from Christ Cultural Department

EDITORIAL BOARD

Principal : Fr. Mathew Thomas CMI
Editor : Mm. Mahalaskhmi
Staff Secretary : Mm. Sharmila
Cultural Secretary : Mm. Valarmathi

From the Head Table

Gratitude is an attitude of life and it is not to be a mere lip service. In Twelfth Night (1599), a Shakespearean play, Sebastian says that 'I can no other answer make but thanks, And thanks; and ever thanks' (Act III). The phrase 'thank you' is a simple expression of gratitude. In our day-to-day life, for anything and everything, we use THANK YOU. But, often, it is without real meaning or any life application. In fact, it has become a mere habit of uttering this expression without attaching any further commitment.



We are familiar with the story of ten lepers from Holy Bible (Lk 17: 12 -19). As Jesus entered a village, ten men with skin disease approached him for healing. Out of these ten men, only one among them, when he saw that he was healed, turned back to meet Jesus and thanked him. This is the general tendency of human beings. Seldom do we think of being grateful or practice the virtue of being grateful in our life. Quite interestingly, we often face problems from the very people whom we have helped. Therefore, I would say that one of the greatest sins in this world is lack of gratitude.

Every 15th day of the Hebrew month of Nisan, people of Israelites celebrate Pass-over feast - *Pesaha*. This feast is celebrated with great pomp and quite ceremoniously to mark the liberation of Hebrews from their slavery to Egypt and the passing over of the forces of destruction while sparing the first born of their families from death. According to historical evidences, this whole episode took place somewhere in the fifth century before Christ (around 5th c. BC). From then onwards, Hebrews started to recall this liberation experience and handed over this experience of liberation to coming generations and still continues to do so even after 2500 years. This is a life of gratitude for generations. Saint Paul says, 'give thanks in all circumstances, for this is the will of God in Christ Jesus for you' (1 Thessalonians 5:18).

Acta non verba, an ancient Latin phrase, literally, means "deeds, not words". It is equivalent to English proverb 'Actions speak louder than words.' We have to learn the art of being grateful in our life. Our sense of gratitude should not stop with mere words of gratitude like 'thank you', etc. A life of gratitude can prove one's gratefulness more than any number of words.

So, it is our duty to walk the talk and teach our younger generation always to lead a life of gratitude in all circumstances.

Fr. Dr. (Adv) Joy Arackal CMI
Correspondent

THEME **GRATITUDE**

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Principal's Press



A sweet short event comes to my mind when I think of the topic of gratitude. A few years ago, the construction of a building was going on in one of the North Indian towns. Many poor labourers were working there, and their small children used to hold onto one another's shirts and play "train-train." Taking turns, some-one would become the engine, and others would become bogies every day. But a small boy wearing only a torn half pants used to hold a small green cloth in his hand and become the train guard daily. Seeing this, one day, an officer approached that boy and asked, "Son, don't you also wish to become an engine or a bogie sometimes like others?" He replied softly, "Sir, I don't have a good shirt to wear; then how will the other children catch me to make the train?" The man could see his eyes filled with tears. He could have cried and sat at home blaming his parents for not providing him with a shirt. But instead, he chose a positive way to play and be happy. Eckhart Tolle says, *"Acknowledging the good that you already have in your life is the foundation for all abundance."* In our life, we don't get all things we desire, and as humans, we often complain, "I don't have this.", "I don't have that.", "They are having everything.", and so on. The truth is, life is like that. We always focus on what we lack or our problems or the negativity. If we appreciate what we have and are grateful for what we have, we can make our lives beautiful and joyful.

The word 'Gratitude' is derived from the Latin word '*gratia*', which means grace, graciousness or gratefulness. Gratitude is expressing thanks for what one receives, no matter how tangible or intangible it may be. Gratitude means counting your blessings, acknowledging simple pleasures, and feeling thankful for everything you have. Being grateful means that you live each day

as if it were a miracle, and you are constantly aware of what you have been given. Gratitude shifts your focus from what your life lacks to the abundance that is already present. However, is this happening in our lives? Most of the time, we forget to express our gratitude, or we fail to count the blessings in our lives. We completely lose the best attitude in our lives. *"Gratitude is not only the greatest of virtues, but the parent of all others."* says Marcus Tullius Cicero.

As we acknowledge the goodness and blessings in our life, we have to gratefully acknowledge others for the goodness we received from them. Though we were in fear of the Covid pandemic, we have completed an academic year successfully. Even though the regular classes started in September, parents were frightened to send the children to school. However, the school management, the teaching and the non-teaching staff were entirely ready to provide everything for children's progress. As we come to the closure of the academic year, I think it is an apt time to remember those who were the supportive hands in our educational journey and appreciate them and their services with a heart full of gratitude. And I don't think this life is enough if we start counting the blessings in our lives: love and care of parents, knowledge from teachers, friendship from classmates, loving services from caretakers and so on. John F. Kennedy says, *"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."*

Dear Christites, being grateful does not imply you have got everything you want. Nor does it mean that everything is necessarily superb; it simply indicates that you are aware of your blessings, appreciate even the small things and acknowledge all you have. So, once you become oriented toward looking for things to be grateful for, you will begin to appreciate simple pleasures and things you previously took for granted. Gratitude should not be just a reaction to getting what you want, but an all-the-time gratitude, where you notice the little things and constantly look for the good even in unpleasant situations. So, today onwards, begin adding gratitude to your everyday experiences, rather than waiting for a positive experience to feel grateful; in this way, you will become a master of gratitude.

Fr. Mathew Thomas CMI
Principal

Message of the STAFF SECRETARY

To all the members of the Christ family:

As we end this unique and often challenging school year, we would like to take a few moments to say thank you. A special thanks to the Christ management, Rev. Dr. (Adv) Joy Arackal CMI, Correspondent, Rev. Fr. Mathew Thomas CMI, Principal and all the staff members for your enormous support amid the changing scenarios. Our sincere gratitude to the teaching faculties for their determination and commitment toward the students to give quality education despite all the online and regular classes crisis. It has made our minds think out of the box to meet the needs of every student. We would like to express our gratitude to our parents and students who faced the changing methods of education with courage and resilience. We are grateful to all!!

Mm. Sharmila G



EDITORIAL

Gratitude is the fairest blossom that springs from the soul.

Gratitude is a powerful catalyst for happiness. It is the spark that lights a fire of joy in your soul, So cultivate the habit of being grateful for every good thing that comes your way and give thanks continuously. It is the completion of thankfulness which makes sense of our past, brings peace for today, and creates a vision for tomorrow.

Thank you, dear ones, for everything. Always have an attitude of gratitude in your life.

Mm. Mahalakshmi S



TEACHER'S MESSAGE

"Gratitude can transform common days into thanksgiving, turn routine jobs into joy and change ordinary opportunities into blessings".



Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity and build strong relationships. Gratitude is a beautiful way of enriching our lives. It refers to the feeling and attitude of appreciation and thankfulness for the good we receive in life. It has been proven scientifically that when we express our gratefulness to other people, we feel happier and calmer. Gratitude is the best way to return the favour to society, nature, God, friends, relatives and relatives for the thousands of good things they have done for us.

Mm. C. S. Jayashree

PARENT'S MESSAGE

"Feeling Gratitude and not expressing it is like wrapping a present and not giving it." - William Arthur Ward

Gratitude enriches our lives in so many ways. It refers to the feeling and attitude of appreciation and thankfulness for the good we receive in life. It has been discovered that when we express our gratitude to others, we become happier. Thus, it allows goodness to enter our lives.

Gratitude involves appreciation and thankfulness towards others. Gratitude is the way of expressing kindness towards others. Feeling gratitude towards others is the reflection of one's goodness. The phrase 'Thank You' expresses the feeling of gratitude. Gratitude can bring positivity to our surroundings. Being thankful for the things we have or we got from others is one of the best responses one can give.

At last, I conclude that gratitude is the essential human expression which proves that humans are sensible and have emotions. Moreover, this emotion does not just limit to humans but also animals. Often, we see them express their gratitude and return the favour. Thus, we must always express our gratitude.

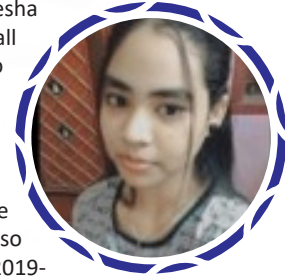
Mm. E. Sangeetha Deepan, M/o D. Sanjana, G2-B



ALUMNI TALK

Hello, this is S. R. Fragatheesha Rose; I would like to thank all the teachers and students who guided us to get more knowledge. This school gave me many opportunities to prove myself. My first performance in Christ was a welcome dance in the investiture ceremony. I also took part in the annual day (2019-2020), which gave me a way to overcome my stage fear. My life at this school made me learn something new almost every day. It helped me gain understanding and succeed not only in my studies but also in extracurricular activities and taught me a lot of skills. Christ School had been a stepping stone for the success of my life.

S.R. Fragatheesha Rose



WORLD CREATIVITY DAY

"Odd how the creative power at once brings the whole universe to order." —Virginia Woolf

Virtual creativity day was celebrated by G6-B & G5-D students on 21 April 2022. The respective grade teachers encouraged the children to participate enthusiastically. The video ensured the value of most important human resources of all. The program began with a welcome speech, special dance, shadow show, puzzle and many other elements also. The program ended with the teacher's speech and thanks.



WORLD HEALTH DAY

Health is the only wealth that we all want and, to earn it, eat healthy and stay healthy. World Health Day is a time for celebration. In our school, we celebrated World Health Day with the students of G6-D & G5-B through various events like speech (Ratchana, G6-D), health tips (Kevin, G6-D), healthy fruits (Jenushiya & Ashley Sujay, G5-B), healthy vegetables (Reubon, G5-B), healthy foods (Saahanya & Rency Caramel, G5-B) and junk foods (Sanjay, G6-D & Rifna Veronica, G5-B). Shazana of G6-D was the Master of the ceremony. And finally, a special note of gratitude was shared to our students, teachers, and parents who helped shape and mould a success in the celebration.

SAMAVARTHANAM 2022



A farewell ceremony for senior students took place in the school on 26 April 2022. Indoor Auditorium was specially decorated for the function. The programme began with the procession led by class teachers of Grade 12. Parents blessed their children and the dignitaries lighted the lamp, sprinkled the holy water and presented the shawl to the sishyas. *Gurudakshina* offered by the students expressed their gratitude towards the teachers. Bhajans and songs by the students made the atmosphere peaceful. There was an emotional speech and poem by students of Grade 11. Senior students, a heart-beat of the occasion, delivered speeches relating to the experience they had with their teachers. All the school staff whole-heartedly participated in the function and blessed the students.

The program ended with the distribution of prasadam.

STAFF ENHANCEMENT PROGRAM

“The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice”. - Brian Herbert

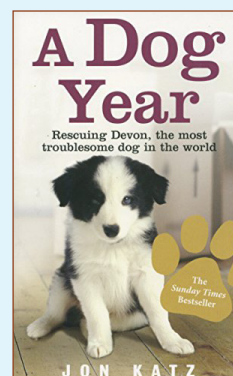
Our KG teachers attended a four-day English enhancement program from 25 April 2022 to 28 April 2022, arranged by the school management. Mm. Varsha conducted the sessions and covered English phonemes, grammar and conversations. She gave training to our teachers in the four skills (writing, reading, listening & speaking). Teachers made use of the sessions and improved their language skills.

SOUL READERS

Book: *A Dog Year: Rescuing Devon, the Most Troublesome Dog in the World*, by Jon Katz

- It is a story of trust and understanding, of life and death, of continuity and change. It is by turns insightful, hilarious, and deeply moving.
- *A Dog Year* shows how a man discovered much about himself through one dog, whose temperament seemed as different from his own as day from night.
- This book has been written by a two-time finalist for the National Magazine Award Jon Katz.
- It depicts how they show their everyday thoughts and share them with us the habits, antics, and aspirations of a dog.
- This is about learning a dog's worldview, altering it, accepting a dog, and its understanding is sometimes more reliable than men.
- It shows our human culture, with a special knack for animals, who has always been thought queer or worse.
- *A Dog Year* is a loveable mutt of a book.
- *A Dog Year* is a delightful true story of the age-old bond between man and dog.

Neha, G10-A



WORD POWER

1. **Gaunt** - very thin

He walked with a slight limp, and his gaunt frame was gangly.

2. **Sirenic** - Melodious

One has heard this yarn of a sirenic cry before, of other species, for it is a very common myth.

3. **Delectable** - delicious

Try one of the delectable desserts such as dark chocolate bruschetta on grilled banana.

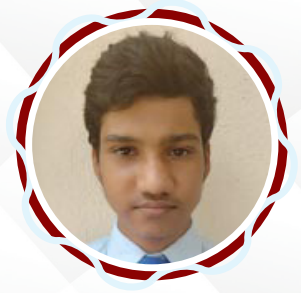
4. **Deft** - skillful

The little five-year-old on the right is very deft.

5. **Palmy** - glorious

Above the winding pond, there are flooded with palmy lotus leaves.

Kishore R., G12-A



BIRTHDAYS - MAY 2022

May - 5 Mm. Apolonia

May - 10 Mr. Sumanth

May - 11 Mm. Jenifer

May - 13 Mm. Devi (Off)

May - 19 Mm. Sushama

May - 20 Mr. Manikandan

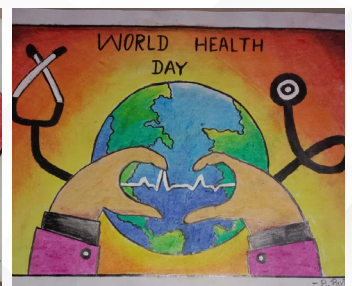
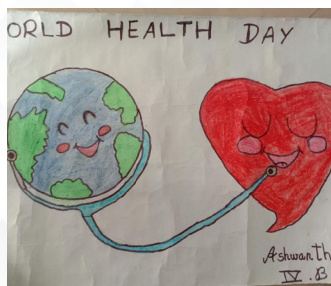
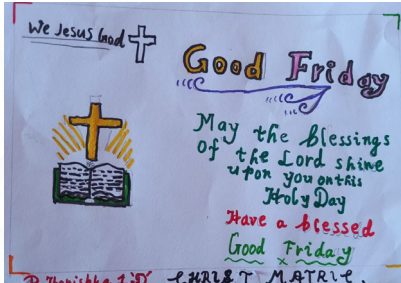
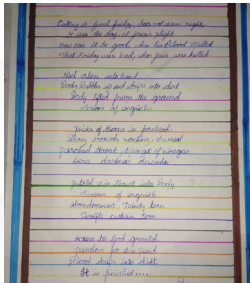
May - 20 Mm. Prema

May - 24 Mm. Regina Mary

May - 26 Mm. Cinela

May - 29 Mm. Rexlin Joe

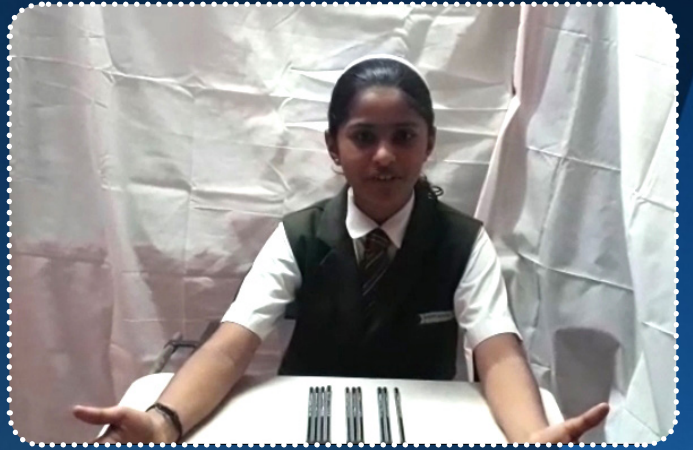
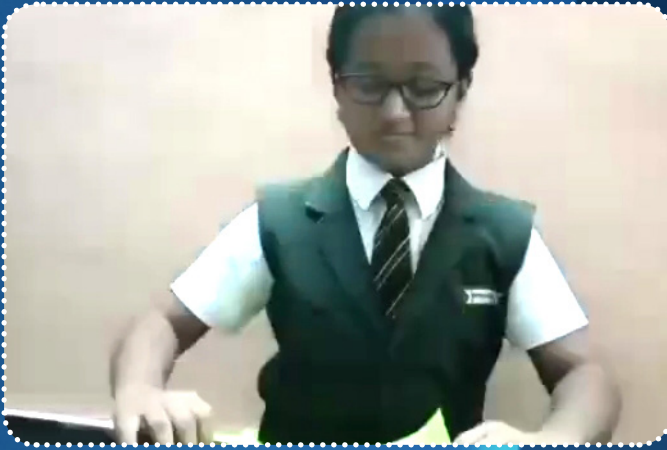
CHRIST CREATIVE HUB



Samavarthanam 2022



World Creativity Day





World Health Day

