



CHRIST MATRIC HR. SEC. SCHOOL, CHENNAI-56

REMINISCE

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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

I had an English lesson in my school days about a failed Nicaraguan coup leader. It is a heart-warming story. The coup leader, who is called General, was given a chance to fulfil his last wish before his death sentence. He wanted to meet his young wife. During that meeting, he killed his wife. The judge questioned him why he killed his wife. He confessed that he killed her because he loved her very much. He could not imagine the torture that she would go through his opponents. So, he killed her to free her from the embarrassing possibilities. Was this true love? If his love was sincere, how could he have killed her? Unfortunately, he failed to understand the true meaning of love, compassion and the value of human life.

The word 'compassion' literally means 'to suffer with' or 'to suffer together with'. Compassion also has a derived meaning of adding colours to someone's life. Therefore, a human who is filled with compassion helps the other to be fully alive and fully human. The Biblical character of the 'Good Samaritan' – as accounted in Luke's Gospel chapter 10, verses 25 to 37 – comes first to our mind when we think of compassion. The injured man, a Jew, was neglected by the leaders of his own community. However, the Samaritan – who is part a community disparaged by the Jews – saw the injured man and took pity. After administering first aid, he took him to an innkeeper for further treatment and paid in advance for the possible expenses.

In today's world, the title 'Good Samaritan' of the Bible is substituted by the name Mother Teresa of Kolkata, who is known as the mother of the poor. Her name has become a synonym for compassion. She took care of the dying people taken from the streets of Kolkata. She never looked into their colour, caste, or creed. Furthermore, she saw the image and likeness of her Divine Master – Jesus – in every human being and served them as she would Jesus Himself.

We are familiar with the term euthanasia or mercy-killing. It refers to the painless killing of a patient suffering from a painful and terminal illness. Often, I doubt about this suffering: is it the suffering of the patient or that of the caretaker? In my opinion, if one is compassionate and love such a patient, we will be ready to suffer with (compassion), and provide care and affection. Paradoxically, we are eager to put an end to our suffering than that of the patient through euthanasia. Of course, we may have to suffer by taking care of the sick. This is the same logic that works with abortion (artificial termination of pregnancy, to put it in more polished terms). The child in the womb of the woman in question may become a reason for her suffering. We seldom realize that it is a human life that we decide to murder in this process. Where have we lost our compassion? Do we not have a heart?

Pope Francis suggests, "A little bit of mercy makes the world less cold and more just." Let every one of us be ambassadors of real compassion and thereby ambassadors of life too.

Fr. (Adv) Joy Arackal CMI

Correspondent



“THEME:
COMPASSION”

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Principal's Press

Dear Christites,

A holistic learning environment fosters a balanced approach for developing the intellectual and social-emotional strengths of students. According to a recent study by Harvard's Graduate School of Education, "Almost 80 percent of students' achievement or happiness is based on caring for others." We need such a balance more than ever, and a compassion-based education provides an effective approach. Integrating compassion into classrooms can strengthen the emotional, intellectual and social learning environment of a school.

Miriam Webster defines strength as "the quality that allows someone to deal with problems in a determined and effective way." Compassion is strength and there is strength in compassion. We can define compassion as a holistic (360 degrees) understanding of a problem or suffering of another with a commitment to act for solving the problem or alleviating suffering. Weaving compassion with strength produces what is called 'real strength'. Most of us, I believe, admire strength. It is something we tend to respect in others, desire for ourselves, and wish for our children. Sometimes, though, I wonder, if we confuse strength and other words like aggression and even violence. Real strength is neither male nor female; but is, quite simply, one of the finest characteristics that any human being can possess. Compassion-centered schools build 'real strength' by creating an emotional, intellectual and social learning environment that fosters academic success and mental stability.

The idea of compassionate schools sometimes causes critics to say that the entire concept is nice but too soft and therefore not powerful enough to make a difference into today's world of education. However, let's recall the words of Lao-Tzu: "Water is fluid, soft, and yielding. But water will wear away rock, which is rigid and cannot yield. As a rule, whatever is fluid, soft and yielding will overcome whatever is rigid and hard. This is another paradox: what is soft is strong." Compassion is education's water; it can not only help quench thirst for social-emotional learning but it can cut through the rigidity of standardized-test-based education to foster holistic learning. A compassion-based education is not focused on filling-in-the-blanks; it is focused on filling in the person. Compassionate classrooms are sources of 'real strength' in education.

Fr. Mathew Thomas CMI

Principal

Message of the STAFF SECRETARY

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion."
Dalai Lama

Compassion is an emotion that encompasses love, affection, compassion, gentleness, generosity, and warmth of heart. When we practice compassion, we gain strength, tranquility, and joy, which will transfer to everyone with whom we associate. The more compassion we have for others, the more kindness and affection we will receive. So, let us extend our broad minds to be compassionate to each other and enjoy the peacefulness of life.



EDITORIAL

"Love and compassion are necessities not Luxuries, without them Humanity cannot survive."

Compassion is something to look beyond your own pain to see the pain of others. It is loving others enough to say or do what is appropriate from an empowered heart. It is also a sign of strength rather than weakness. Never disrespect anybody unless you are helping them up.

Let us strive to be human in this small world of a stage, and play the role of the Almighty's children wisely.



TEACHER'S MESSAGE

"Compassion is the basis of morality."

COMPASSION – is a human emotion that is defined as sympathetic pity and care for the sufferings or misfortunes of others. In a broader sense, compassion has a genuine concern for all humanity. It entails practising random acts of kindness and expecting nothing in return, as well as believing in dignity, equality, and justice of all people. Compassion cannot be exactly defined but can be understood as putting yourself in another person's position to develop an awareness of their suffering. Just being aware is not enough; you must also know how to respond appropriately. This ability is not innate, instead it must be learned through life experiences. I would like to conclude by stating "Love and compassion are necessities, not luxuries; without them, humanity cannot survive." Therefore, we must always try to be compassionate to others.

Mm. Happy Paulose, Class Teacher, G10-C



PARENT'S MESSAGE

Compassion is being kind, experiencing other people's grief and suffering and avoiding causing harm to others. People are motivated to overcome their bodily, mental, or emotional problems when they are motivated by compassion. There are many ways to show compassion like,



- Saying encouraging words
- Open the door for someone
- Motivate others when they are in a depressed state
- Practice an act of kindness
- Greet each other
- Do not forget to say 'thank you'.

Compassion is one of the greatest bonuses from God. We are fortunate to possess it. So, let us be compassionate always.

Sangeetha R.
M/o Lakshannya A., G10-B

ALUMNI TALK

I am Gayathri R., from Senneerkuppam. I studied in Christ Matriculation Higher Secondary School for seven years. The clean and positive atmosphere of our school inspired me to study well. As a result, I received a cash award for securing the second rank in the 10th board examination. Moreover, my school encourages each student to achieve more and more. Apart from subject knowledge, Christ School also developed my skills. The proactive approach of our school in the form of seminars and programs got rid of our stage fear and shaped our personality as well. The teachers acted like the second parents and proved the school as our second home. Our school aims at producing educated, well-mannered and productive citizens. The overall essence of our school is such that we are always inspired to do something new each day. We are extremely proud to be a part of such a majestic school. Finally, I thank our school management who has given me the chance to share my good memories about our school.



GRANDPARENTS' DAY

"Grandparents have silver in their hair and gold in their heart."

Christ Virtual Grand Parents' Day for the academic year 2021-2022 was held on 01 October 2021. Students from G9-A and G3-B celebrated this day under the guidance of Mm. Jasmine Minu (G9-A), Mm. Nagalakshmi (G3-B), and Mm. Malarvizhi. It represented love and affection while also serving as homage to the grandparents via numerous events. It began with a welcoming address, and was followed by songs, speeches, dances, and a variety of other exciting activities, in which the children demonstrated their love and respect for their grandparents. The highlights of the day were a puppet show based on 'UNAVAEMARUNDHU,' and interactive sessions with the grandparents.



GANDHI JAYANTI

"If we want to reach real peace in the world, we should start educating children."
– Mahatma Gandhi

Gandhi Jayanti was celebrated virtually on 02 October 2021. The program was conducted by G8-C & G3-C students under the direction of Mm. Gayathri Rajesh, Mm. Manisha and Mm. Rajam. A video was played about Gandhiji, an epitome of honesty.

Students from G8-C and G3-C showcased their talents in video, featuring dance, speech, inspirational quotes, and fascinating facts about Gandhiji. According to the Principal, it is fundamental to instill Gandhian values and ideas in all students and teachers. At the beginning of the event, Gandhiji's biography was delivered as a speech to follow his principles in the modern world, and Mm. Rajam delivered a short speech describing Mohandas Karamchand Gandhi's moral values.



FR. CORRESPONDENT'S BIRTHDAY

"A great leader takes people where they don't necessarily want to go, but ought to be."

The entire staff assembled on 04 October 2021, to greet our Correspondent, Rev. Fr. Joy Arackal CMI, a belated happy birthday, which was on 03 October 2021. The programme began with a tribute video. Fr. Correspondent, a superb leader and courageous administrator, was greeted with a lovely bouquet and birthday wishes from Fr. Principal. This was followed by the cutting of the cake. Mm. Anandhi's Tamil Poem enthralled everyone at the event. Mm. Rajeswari and Mm. Mary Vismalet was the master of the ceremony, and the programme concluded with a vote of thanks.



WORLD TEACHERS' DAY

"Teachers can change lives with just the right mix of chalk and challenges."

To appreciate such an honourable profession of teaching, Christ students from G8-B and G3-D took the initiative to celebrate the day, which fell on 05 October 2021.

The celebration started with a prayer song followed by a welcome speech, classical dance, felicitation, dedication, and getting a card presentation as a tribute to their gorgeous second mothers. Mm. Sudha Malar, Mm. Rekha and Mm. Chitra Devi were the in-charge teachers of the programme.

WORLD POSTAL DAY

"People who want to transfer their things from one place to another place use the postal service for their betterment."

World Postal Day is celebrated on 09 October every year. The ceremony was conducted by G8-A and G4-A students and a video tribute was played to highlight the festival's significance.

Annie Veronica welcomed everyone with joyful words. Risha Alphonsa and Rakshana gave an informative introductory speech. Students have done the activity of the World Post Day and our school staff Mm. Safina Begum gave the message. They presented videos related to World Post Day. Shawn Alister (G8-A) sang a song and gave a fitting conclusion to World Post Day. Mm. Kalaivani, Mm. Divya and Mm. Safina are to be commended for their great initiative.

FR. PRINCIPAL'S BIRTHDAY



"The more you praise and celebrate your life the more there is in life to celebrate."

Rev. Fr. Principal's birthday was celebrated in Christ Campus on 11 October 2021. The staff gathered at the Home Theatre. The presentation was brightened with a spectacular video created by G11 teachers and students. A poem presented by Joy (G11-CD) directed everyone to the video. Rev. Fr. Correspondent conveyed his birthday wishes to Fr. Principal presenting a Chorus birthday song.

Wishes by relatives, friends and colleagues made his day. Ravant Vignesh (G11-AB) conveyed birthday wishes on behalf of all students presenting guitar music. The presentation of poems, messages and speeches by the teachers were part of the event. Fr. Principal was taken aback by the surprises and thanked Fr. Correspondent for making a special arrangement for the day's celebration.

WORLD FOOD DAY



"Safe food now for a Healthy life tomorrow."

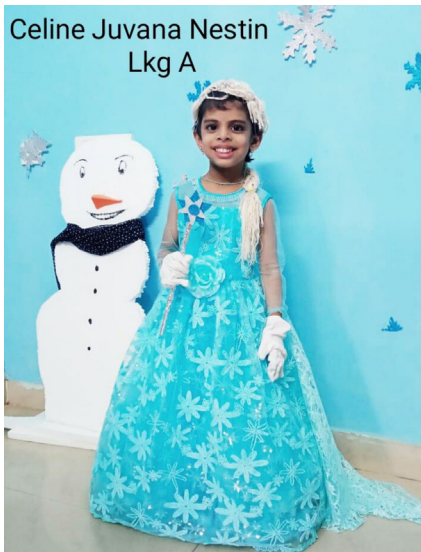
World Food Day is observed every year on 16 October. The primary focus is to tackle global hunger and strive to eradicate hunger across the world. Our school celebrated the day organized digitally by G7-C and G4-B students with the support of our management. Moreover, the value of agriculture and food was presented in Tamil. "Grow, Nourish, Sustain, Together - Our actions are our future," was the theme of World Food Day 2021. Based on this, students exhibited various programmes like mono-act, speeches and dance. They also highlighted the downsides of junk food. Along with their beautiful dance, our Chutty Chefs of G7-C and G4-B made exquisite delicacies. Mm. Bakkiyalakshmi discussed the necessity of a well-balanced diet. Finally, the event concluded with a heartfelt thanks to the management, parents, and children.

KG - DOLLS' DAY

"Be a doll to be happy, but never as human."

On 16 October 2021, our KG Department celebrated Dolls' Day. The dolls' day was developed to honour

Celine Juvana Nestin
Lkg A



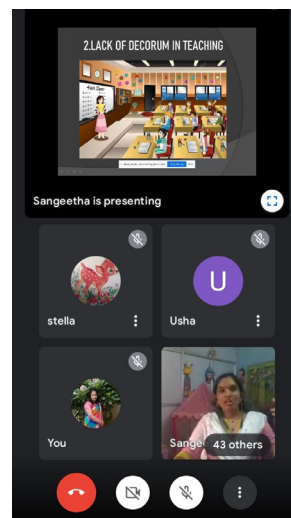
and recall the enormous contributions and significance that dolls have made to the development of children all over the world and humanity as a whole. There were doll rhymes, action songs, dressing up as a character doll, a Barbie dance, and a speech on a

variety of dolls. The kids had a fantastic time.

MONTHLY STAFF SEMINAR

"Workshops and seminars are basically financial speed dating for clueless people."

The monthly staff seminar on "Who is a teacher?" was held online on 16 October. Mm. Usha Rani moderated the session. Mm. Happy Poulouse explained a teacher's expectations as well as the seven various key roles of a teacher. Mm. Sangeetha Deepan shared her thoughts on the challenges that teachers experience when teaching online. Mm. Rexlin Joe highlighted the impact of teachers and discussed how they benefit society. The staff attended the webinar, which was fabulously instructive, and engaging. Thanks to the facilitators and the participants.



DEATH ANNIVERSARY OF REV. FR. JOHNSON PANACHICKAL CMI



"Blessed are those who mourn, for they will be comforted." - Matthew 5:4

The Christ family commemorated its late correspondent Rev. Fr. Johnson Panachickal CMI, on his third death anniversary, on 19 October 2021. The tribute started with Merin (G12), who spoke about him and followed by Mm. Prema, who gave an elaborate talk about him in Tamil. Mm. Happy shared beautiful memories of Rev. Fr. Johnson. All the more, we were happy to see Rev. Fr. Johnson's daily life through videos. Thanks go to Mm. Jasmine Minu, Mm. Jennifer, Mm. Alphonsa and Mm. Jothi who organized these tribute moments.

UNITED NATIONS DAY

"The UN wasn't created to take mankind into Paradise, but rather, to save humanity from hell."

Christ turned trends to celebrate the important days. It was celebrated to insist that people know the value of the day and the people who struggled for that. The celebration is a way to express our

gratitude toward them. On 23 October, students of G7-B & G4-B celebrated United Nations Day grandly under the leadership of Mm. Prema, Mm. Mary Vismalet and Mr. Haridoss. United Nations Day, on 24 October, marks the anniversary of the day in 1945 when the UN Charter came into force. UN Day, celebrated every year, offers the opportunity to amplify our common agenda and reaffirm the purposes and principles of the UN Charter that have guided us for the past 76 years. As the world begins gradually to recover from the Covid-19 pandemic, the 2021 event represents a call to strengthen international cooperation in the interest of nations and peoples, for a more peaceful and prosperous future for all. The day we celebrated UN Day in our school made us feel the Unity in Diversity when we heard the songs, dances, speeches and flag shows. We know India always welcomes people with no distinction based on caste or creed.

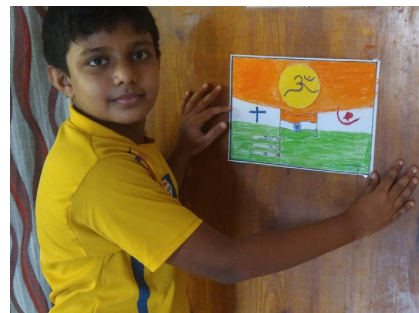


NATIONAL UNITY DAY

"Individually we are a drop but together, we are an ocean."

National Unity Day is celebrated by all our Indian brothers and sisters on 31 October. The Unity Day was celebrated by G4-D and G7-A students. A video tribute was played to highlight the celebration. Sana Ahamed (G7-A) mastered the programme. It started with a prayer, followed by a welcome speech, a speech on Sardar Vallabhai Patel, and a special talk on the statue of unity. Classical dance and poster making were also shown as a tribute to our unity.

Big thanks to our students, teachers, and parents who helped shape this event into a success and special thanks to Mm. Regina, Mm. Sangeetha Vittal and Mr. Manikandan.



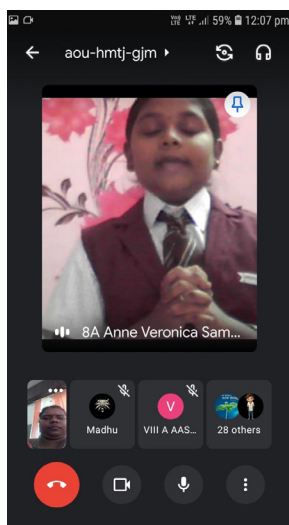
VIRTUAL CLASS ASSEMBLY

"A good citizen must live in peace and harmony with his neighbours and fellow citizens."

He must respect the institution of his country and the laws of the state.

He must be vigilant against the enemies of the country."

Under the guidance of Mm. K. Kalaivani, the G8-A students held a virtual assembly on being a good citizen. Annie Veronica led the assembly proceedings, including prayer, pledge, news reading, and a message on being a good citizen. Mm. Kalaivani delivered a motivational message. The virtual assembly ended with the National Anthem.



STAFF ENHANCEMENT PROGRAM



"English language is a work in progress, Have fun with it."

A five-day Staff Enhancement Programme on communicative English was held for the school's teaching and non-teaching staff. The sessions were led by Mm. Sameera from the Grammar Box English Hub, Coimbatore. The programme primarily aimed at expanding teachers' vocabulary and boosting their communication skills. The training enhanced the abilities of phonic practice, muscular exercises, and presentations. All of the teachers cooperated and the programme was cherished by the teachers.

SIMUL 2021

CHRIST celebrated SIMUL 2021 (get together) and Feast Day of our new Principal, Rev. Fr. Mathew Thomas CMI on 24 September 2021 with great elation and gusto. The function started with the arrival of Rev. Dr. Saju Chackalackal CMI, our Provincial, whose presence added sheen to the occasion. The program commenced with a prayer song by the teachers' choir and was followed by the lighting of the lamp. The dignitaries on the dais were welcomed by Mm. Alphonsa and Fr. Provincial was honoured with a shawl, bouquet and memento. The staff, clad in resplendent pink, presented a sight to be held. Rev. Fr. Provincial addressed the gathering revealing how to be a supportive mentor and how to have an interactive teaching approach. Rev. Fr. Correspondent and Rev. Fr. Principal shared their views on uplifting the institution.

A hearty welcome to our new Principal Rev. Fr. Mathew Thomas, a gem added to the CHRIST crown and his Feast Day was celebrated by cutting a cake, a festal song by the Christ choir. Poem recitation by Mm. Prema and Feast wishes by Mm. Jayashree added a spark to the event. Celebrating Feast Day is not only significant for our spiritual well-being but also a great springboard of love and care that brings us together in harmony as one family. Mm. Divya presented the terminal report of the academic year 2021-22. An interactive session was arranged with Rev. Fr. Provincial. The program ended with a word of gratitude from Mm. Rani Ramya. The delightful lunch and a photo session were arranged for the CHRIST family. Special thanks to the grandmaster of the ceremony Mm. Mahalakshmi for her professionalism.



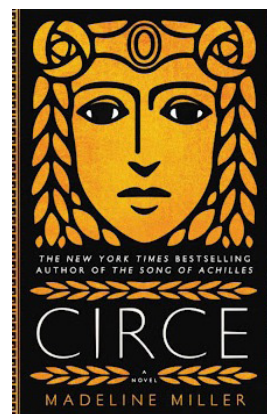
SOUL READERS

CIRCE by Madeline Miller (Review by Sumaya S., G12-B)

- It is fantastic and a life-changing book.
- This book is about a girl Circe, the daughter of Helios. Circe is believed to be God's child.
- Circe is a strange girl, but her parents had many expectations before her birth that she would be powerful like her father.
- Turning to the world, Circe discovered that she possesses the power to transform rivals into monsters and menace the gods themselves. She learned to tame wild beasts.
- However, being a girl who stands alone, draws the wrath of both men and gods, ultimately finding herself

vengeful. She strengthened herself from strange things and protected what she loves the most.

- Circe's complex character was expressed by the author and how she balanced her life.
- So, I suggest everyone grabs a copy and read this amazing book of a girl who changed the course of Greek mythology.



WORD POWER - By Merin Boban, G12-C

Aggrandize - enhance power

(It was an action intended to aggrandize the Frankish dynasty).

Cajole - persuade by flattery

(He helped to cajole her into selling the house).

Clamour - proclaim something noisily

(The questions rose to a clamour in the meeting).

EVENT BUZZ

November 4, 2021 - Diwali

November 10, 2021 - World Science Day

November 11, 2021 - Children's Book Week

November 14, 2021 - Children's Day

November 20, 2021 - Universal Children's Day



CHRIST CREATIVE HUB

World Postal Day

World Postal Day is observed every year on 09 October to mark the establishment of the Universal Postal Union (UPU) and the recreation of the revolutionary mode of communication with letters in the everyday lives of the people. On World Postal Day, we recognize the invaluable contributions of Postal workers to our societies and economies. It is celebrated across 151 countries. In India too, the day acknowledges the beginning of National Postal week celebrated from October 9 to 15. Member nations around the globe use this day to launch new postal initiatives and hold special exhibitions to raise awareness about the importance of postal services in everyday lives and its contribution to the social and economic development of the countries.



Arthi Mohan. M

Class Teacher, G6-D

GIRL CHILD IS GOD'S GIFT

Girls are treasures to one's family,
Girls give moral strength to the family
Girls are the future of every nation
Girls need a little amount of care,
A hand full of warmth,
A heart full of love;
Education to girls,
Will lift the family
Let the girls also be
Happy with all freedom and rights
Give some love and save them...

Breethi D.

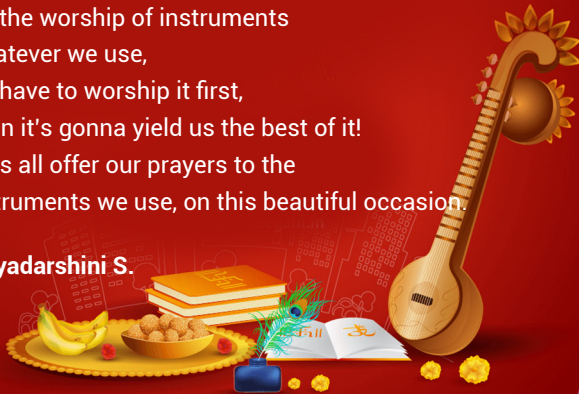


CHRIST CREATIVE HUB

AYUDHA POOJA

Ayudha pooja,
Shastra Pooja,
The worship of instruments,
Worshipping the instruments we use
Yields the best out of them.
Ayudha Pooja is not a ritual,
To be followed!
It's the worship of instruments
Whatever we use,
We have to worship it first,
Then it's gonna yield us the best of it!
Let's all offer our prayers to the
Instruments we use, on this beautiful occasion.

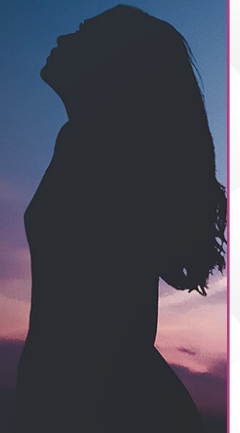
Divyadarshini S.



THE STRONG WARRIOR

She has the soul
Made up of rainbow
And has the sky on
Her mind.
She has the heart
As light and white as the cloud
And she dreams to fly.
She dreams of the stars
And has her feet on the moon.
She is the universe
In her own.
She is a girl
And a woman.
She has the right
To admire the earth!

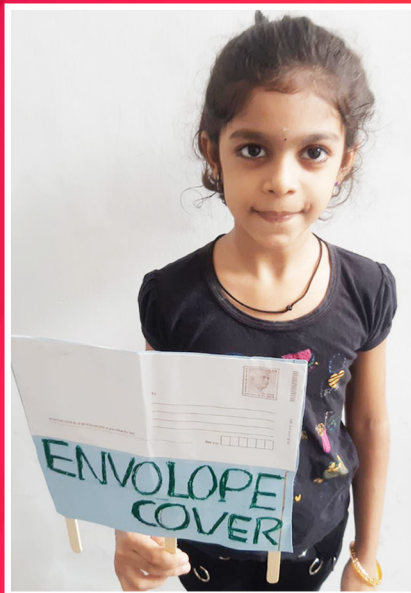
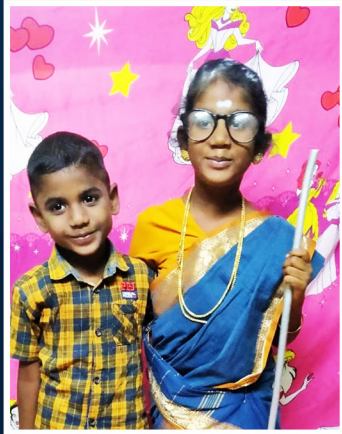
Divya Lakshmi S.



Christ Creative Hub

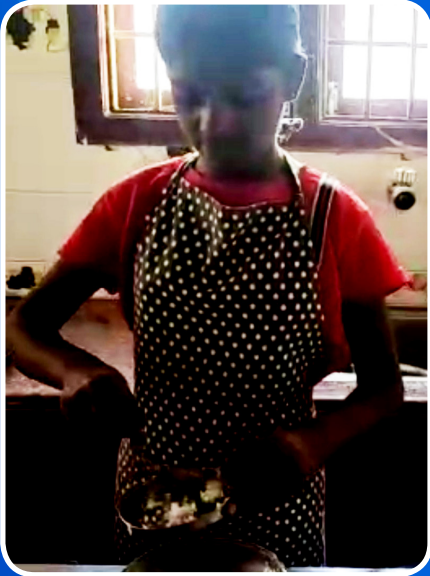


Grandparents' Day

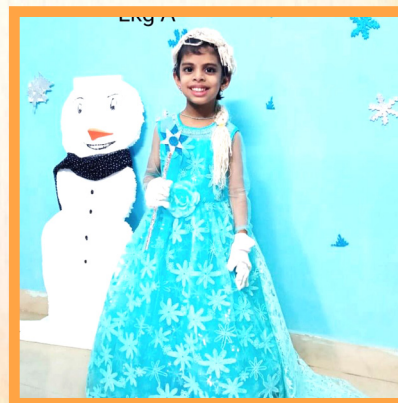
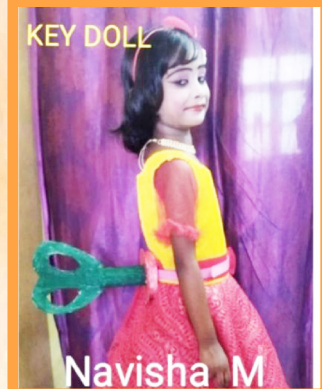


World
Postal
Day

World Food Day



KG DOLLS' DAY



STAFF ENHANCEMENT PROGRAMME

