



## **SPJ SADHANA SCHOOL**

### **Evolving.....**

A month and a half into the fourth year, innovation and change have been the order of the day. Every class and department has a different “angle” to it as they push back barriers and step into an inclusive philosophy with parents and society.

The Hospitality and Catering Department opens its doors to a bi-weekly Café to the students with a knowing eye on the versatility of present day gastronomy. Our Chef/Instructor caters to a choice of Italian, Continental and Indian cuisine. Service is with a smile and conversation is tinted with quaint quirks of our students.

Our Holistic ambit now spans with Dance, Hydrotherapy and Snoozelen. Sound, light, movement and feelings all gently lead to our understanding of self-expression and self-worth.

Grade IV introduced Calendar play with simple pictures to understand dates, through related concepts.

A foray was made into ‘Home Visits’ concept to create awareness of a child-friendly space at Home and to connect with the extended family in their comfort zone.

And to end in a “wholistic way” a few thoughts on the introduction of “Mindfulness” in S.P.J. Sadhana School.

### ***MINDFULNESS:-***

“Use of mindfulness is helping children with autism to concentrate better in class. I have used it to teach children while working on smart boards and computers in class. Elaborating on the content being taught to get the child’s attention completely on the activities required, especially while doing orientation of the keyboard with the use of modifies keys. It has helped children get oriented faster and know the positions of the keys better.”

**Priya D’souza**  
**Coordinator-Formative Years**

## UPDATES FOR JULY 2018

### **EVENTS**

On 10<sup>th</sup> July the Indian Dental Association and Special Olympics Bharat in association with Dental Colleges in India celebrated the **Eunice Kennedy Shriver day and 50 years of Special Olympics Bharat**. The doctors held a free camp for the students, followed by a detailed talk on Dental Hygiene. It was a laudable effort which gave the staff many insights into the pros and cons especially for differently enabled students.

### **INTENSIVE INTEGRATION PROGRAMME (IIP)**

On 25<sup>th</sup> July the students of Grade III went to First Step School at Babulnath to celebrate their peer's birthday. The outing also combined an exposure to develop gross motor skills in a fun way. The students had an opportunity to Role Play extensively and participated in games and play which exposed them to sensory and cognitive development.

The students and staff of **Pre-vocational** visited the **R.B.I Monetary Museum on 27<sup>th</sup> July 2018**. The visit was an experience in Numismatics, where the students gained an understanding of the Indian monetary system from ancient times. They also viewed a video on Ancient Coins of Mohenjodaro, Sultanate of Mysore and the Mughal Era. The curator, Mr. Radhakrishnan personally interacted with the students and was highly impressed by their general knowledge and skills. The outing ended with a lesson in "decision making" through their own, independent preferred choice.



## ***INTERNSHIPS***

On **29<sup>th</sup> July OPC Department** once again had a moment of triumph as Dhaval Bhodia, Anvit Shetty and Abhijeet Sheladkar **successfully secured internships**. Dhawal will intern with ‘Ghandhy and Lakhani’ a reputed CA firm, while Anvit and Abhijeet will attend Reliance Supermarket at Prabhadevi.

## ***SPORTS***

Special Olympics organized the **Young Athlete Evaluation and Research Programme** at the Andheri Sports Complex in Mumbai, on **2<sup>nd</sup> and 3<sup>rd</sup> July 2018**. Seven Students from the formative Years actively participated in the event.

**Pooja Vira – OPC Department participated in Special Olympics National Aquatics Games** organized by the Ministry of Youth Affairs and Sports from **5<sup>th</sup> to 9<sup>th</sup> July 2018**. The event was held at Gandhinagar, Gujarat. She won 2 prestigious Silver Medals in 25 meters race.

Special Olympics Bharat celebrated its Golden Anniversary & Eunice Kennedy Shriver Day. 1 student participated in the **KICK-A-THON football event on 20<sup>th</sup> July** at Lion Municipal Complex, Santacruz, Mumbai.



Kimberley Nunes from Hospitality and Catering Department won Special allocates for participating in the event as ASSISTANT COACH of the Football Team.

Halima Maknoja from Visual Arts and Crafts attended **the National Training Camp for Netball from 25<sup>th</sup> July at Ranchi, Jharkhand**.



Kimberley Nunes and Aparmita Singh were present at the Special Olympics 50<sup>th</sup> Anniversary Golden Jubilee Year celebration on 20<sup>th</sup> July at ITC Grand Maratha, representing the school as Youth Athlete Leader and as Athlete respectively.



## **WORKSHOP**

On 6<sup>th</sup> July a workshop – “Veg Prep” – on the preparation of vegetables for use in hotels was held for the parents by the Hospitality and Catering Department. The parents were introduced to the correct equipment and techniques of cutting vegetables for different cuisine.



The Hospitality and catering department also conducted a workshop on 13<sup>th</sup> July – Baker’s Delight. The staff introduced them to a variety of breads and conducted hands on session for kneading and baking a pizza base. All the parents found the 2 workshops informative and were very happy with the outcome of their efforts.

