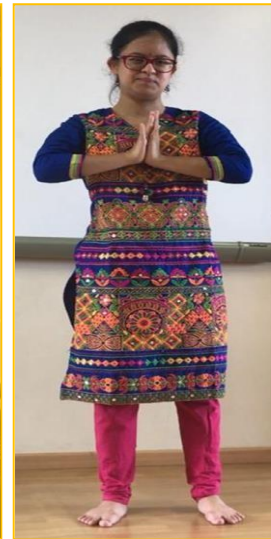
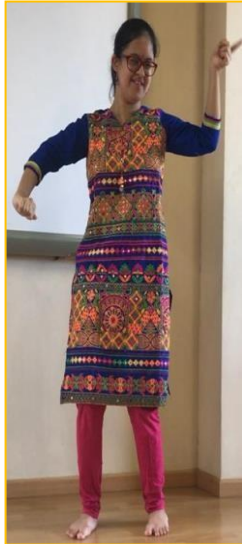




SPJ SADHANA SCHOOL

JULY 2023 NEWSLETTER

The month of July began with the celebration of a festival that venerates the role of a teacher. This festival celebrates the relationship between Guru and Shishya - Teacher and Student - as being valuable and based on deep respect. This relationship was celebrated in school with the Guru Vandana dance, beautifully performed by Sanjana Pore - a student of the Visual Arts and Crafts Department.



An interesting and fun event was collaboration with the Belgian Waffle Company, held exclusively for the special children at S.P.J. Sadhana School. At this event, the students enjoyed the experience of making Waffles. Every student enjoyed their treat of Waffles selecting topping of their choice. Students of the Formative Years participated in a Tree Plantation Drive organized by the Belgian Waffles Company.



The J. Academy brought Speech & Drama Education to the school, with a workshop conducted by them for the teachers. The school has tied up with the Academy, for a programme where neurotypical individuals would participate along with neurodivergent individuals. In order to facilitate this, the teachers from J. Academy will be at the school for a sensitization programme. This programme is particularly relevant, since the theme of the Golden Jubilee is Inclusion.

The programme would culminate in a concert, which will be one of the events being organized to inculcate INCLUSION in every aspect.



The E-Academy, an organization which offers a suite of blended learning courseware for schools, will provide software for use at the Formative Years and Intermediate levels. Their programs comprise two components: a multimedia PC-based courseware for classroom use, and a learning app for students, with free download available to all schools. Teachers will have access to high quality multimedia courseware for classroom use, enabling them to implement fun and effective lessons with game-based activities. For early learners, the learning activities include stories, music and play, leading them to enjoy their lessons more and to become engaged and motivated learners. There is an additional option of upgrading to e-Academy Premium, which allows teachers and learners to gain access to additional learning content and topics loaded with interactive lessons, game-based activities, printable worksheets, etc. Thus collaborating with this organization will open up a range of learning opportunities for our students.

The school offers Hydrotherapy as a therapeutic intervention for students. Hydrotherapy is the application of cold and hot water compresses. This is combined with an understanding of the Human Chakra System, in order to relax and energize the student. It is important to understand the physiological basis to Hydrotherapy. Cold water stimulates and causes the superficial blood vessels to constrict, shunting the blood to the internal organs. Conversely, hot water relaxes, causing blood vessels to dilate and removing wastes from body tissues. Alternating hot and cold water also improves elimination, decreases inflammation and stimulates circulation. This understanding of the principles underlying hydrotherapy is used to provide appropriate therapeutic interventions to the students.



As a part of the very effective Sports Programme offered by the school, the sports teachers frequently attend training workshops in order to upgrade the sports programme. Our Sports teachers, Ms. Rajashri Ghosalkar and Ms. Alpana Koli attended the Special Olympics Maharashtra Floor Ball online training workshop. This workshop was a webinar that provided theoretical inputs and information regarding the rules of the games. The inputs from this webinar will translate into useful training for the students in the school.

Thus the month of July provided a range of opportunities for training and development of the students' abilities in various ways.