



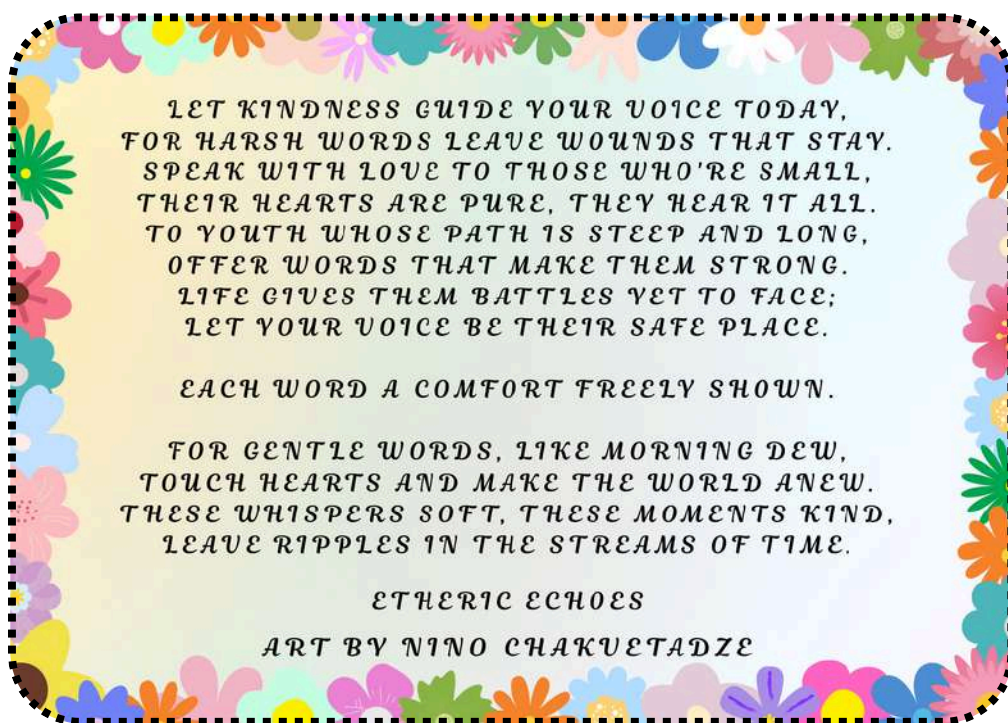
SPJ SADHANA SCHOOL

(Empowering persons with special needs)

JUNE NEWSLETTER 2025

The month of June 2025 marked the start of the new academic year. The preparation for an active and meaningful year began with the Staff Meeting.

The Principal, Ms. Fionika Sanghvi warmly welcomed the staff members, especially the new staff members, to the new academic year. At the start of the session, an inspiring quote was presented, which captured the importance of kindness, and the invaluable role of teachers.



Following this, a rapport was created, with each staff member sharing how they spent the summer vacation

Ms. Simida Correia Coordinator Vocational Training and Dr. Kashmira Vazifdar Coordinator, Enhanced Intervention Centre, facilitated an ice-breaker game on various disabilities to highlight facts and dispel common misconceptions.



The psychologist, Dr Kashmira Vazifdar, gave a talk on the '6 F Words in Child Neurodisability', to the staff members on the orientation day. This concept was originally introduced by P. Rosenbaum and J. W. Gorter, and puts the focus on new ways of formulating ideas for neurodivergent children. The 6 F's include Function, Family, Fitness, Fun, Friends and Future. The talk was aimed on understanding how these six areas can be useful to parents as well as the staff, in developing varied and focused goals for the children. Once these goals are put down, tools and methodologies can be set up, and timelines can be chalked out, to achieve them. Even some students, themselves, can develop their personal goals, based on these 6 F's. This method provides an interesting way for parents and professionals, to incorporate the concepts into different aspects of the child's life.

A series of announcements were made regarding instructions, procedural matters and goals for the year. The goals listed by parents were reviewed to decide the focus of learning for students – use of money and swimming were the most requested goals for the students. A refresher session on the use of AI in developing teaching formats and reports was conducted for staff. A new initiative of Home Meal is introduced this academic term. Every month one parent would arrange a home-cooked lunch for the class students. This would be an opportunity for observation and assessment by class teachers and occupational therapists regarding ADL skills and sensory issues. It was discussed that Birthday of students could be celebrated with meaningful low-cost gifts or class outings are encouraged.

Emergency Evacuation Drill is a mandatory activity at school. Dr. Kashmira Vazifdar shared an analysis to update the process of evacuation with the required changes.

Sr. Daphne Sequeira, who has been appointed as the Provincial of the Society of the Sacred Heart in India, visited our school and met with the staff. During her visit, each staff member had the opportunity to introduce themselves to her.



Orientation Programmes were conducted for parents of new students. This helps the parents to know the processes of the school. Clear presentation of school policies, rules and regulations, ensuring everyone is aligned with the school's expectations.

Orientation Programme for the parents was made interesting with activities to brief them about the highlight / focus for students in the academic year.

- Vocational Training section – Performing Arts for Concert
- Intermediate Levels – Social Skills for Birthday
- Formative Years – Communication Skills with PECS (Picture Exchange Communication System)

The Parent Orientation for the parents of the VTC introduced parents to Buddy Up, a mobile app designed to foster connections and friendship among persons with intellectual disabilities and their caregivers, emphasising inclusivity and mutual support. The parents and caregivers were shown how they could use the app to help their children build friendships, engage in shared interests and access peer support. This digital tool aligns with our School's commitment to inclusive peer relationships, extending beyond the classroom.



The activities planned for students on the first day set the tone for a fun and engaging year ahead. Students participated in a variety of rapport-building exercises which fostered excitement, patience and teamwork. The activities were focussed on communication Skills for active listening and clarity in speech. The Communication Activity "All About Me" required students to share information about themselves, including their name, favourite choices of food, toy, colour as well as their feelings, promoting self-awareness and communication.



Science experiment was conducted by the Office Procedure class, where students were introduced to a fascinating hands-on activity — constructing a sundial. The session explored questions such as:-

1. What is a sun dial?
2. How does it function using the position of the sun?
3. How do you determine the true North?

The students actively participated in building their own basic sun dials and experimenting with shadow positions. This activity not only reinforced concepts of time and direction, but also brought science to life in an experiential manner.



The Science Activity, "Grow a Rainbow", helped students to explore capillary action by using washable markers on paper towels, watching the colours travel through water.

THINK LIKE A SCIENTIST



Science Activity - "Grow a Rainbow"

Steps :Provided each child with a paper towel, washable markers, and one cup of water.

Children draw thick color bands on one end of the paper towel.

Dip the end into the water cup and watch as colors travel to meet in the middle. (capillary)



The shopping activity was a highlight for Math Day, where students enthusiastically participated in selecting and purchasing gift items and stationery.



The aim was to build logical thinking through sorting and sequencing activities. The students worked in pairs and rotated to a new activity each time the buzzer rang. This format encouraged collaborative learning, time-management and decision-making working under pressure, all in a gamified, stress-free manner.



An Outreach programme was conducted. SPJ Sadhana School received a visit from a team of Special Educators from the National Society for Equal Opportunities for the Handicapped - Gujarat (NASEOH), a public Charitable Trust located in Ahmedabad, working for children with developmental delays and disabilities for the past thirty years. They run two main activities, Kalrav, an assessment, therapy and treatment centre, and Blue Rose, a learning and activity centre. Seven Special Educators from this organization visited the school. After an Orientation Session and an informative Question-Answer Session, the team was taken around the school, and they affectionately gave gifts to the students. The visiting team was impressed by their observation and experience of the teaching-learning process and the therapies offered by the school.



International Yoga Day Celebration was organised by the Special Olympics Association, Bharat, and Maharashtra. 44 athletes and 27 unified partners participated in the session. During the yoga session, all the athletes were able to follow multiple instructions from the yoga teacher, and demonstrated remarkable body flexibility, body stability, attention span, tolerance and coordination between body and mind. Notably, athletes with hyperactivity showed significant improvement in regulating their behaviour through focused exercise and meditation.



Another Yoga Session was conducted by Ms. Gulnar Maniar, an internationally certified yoga teacher for students of Formative Years and Skills Enhancement.



A movie outing for the students of the Formative Years and the students of the Senior School was organized.

The much awaited Aamir Khan's production film "SitAare Zameen Par" was viewed by Intermediate Level and Vocational Training students, staff and some parents at INOX, Nariman Point. The students of the Formative Years enjoyed watching the movie "Elios". This was a new and exciting experience for students of Grades 1 and 2. Students of Grades 3 and 4, having visited the theatre before, settled in comfortably. To prepare the younger students, a special orientation was conducted a day prior, showcasing visuals of the theatre environment. A simulated theatre was created in the AV room to help students understand what to expect and to observe their behaviours and sensory needs. To ease any potential anxiety, techniques such as flashcards of basic needs and other reinforcers were introduced. The movie outing not only provided entertainment but also helped students develop their sitting tolerance and understand appropriate behaviour in public spaces. It was a valuable and enjoyable learning experience for all the students.



Thus, the month of June 2025 ended on a note of gratitude. 29th June 2025 is marked as Gratitude day - Birthday of our Ex Principal and Mentor Sr. Eileen Gaitonde.



DR. ROSENDO RIBEIRO CHILDREN'S COMPLEX,
SOPHIA COLLEGE CAMPUS,

BHULABHAI DESAI ROAD, MUMBAI 400026

TEL: 022-23517913, 022-23510853,

MOBILE NO - +91-7304928910

EMAIL: SPJSADHANA@GMAIL.COM

WEBSITE: WWW.SPJSADHANASCHOOL.ORG

