



Middle School Years



Principal

Ms Richa Sharma Agnihotri

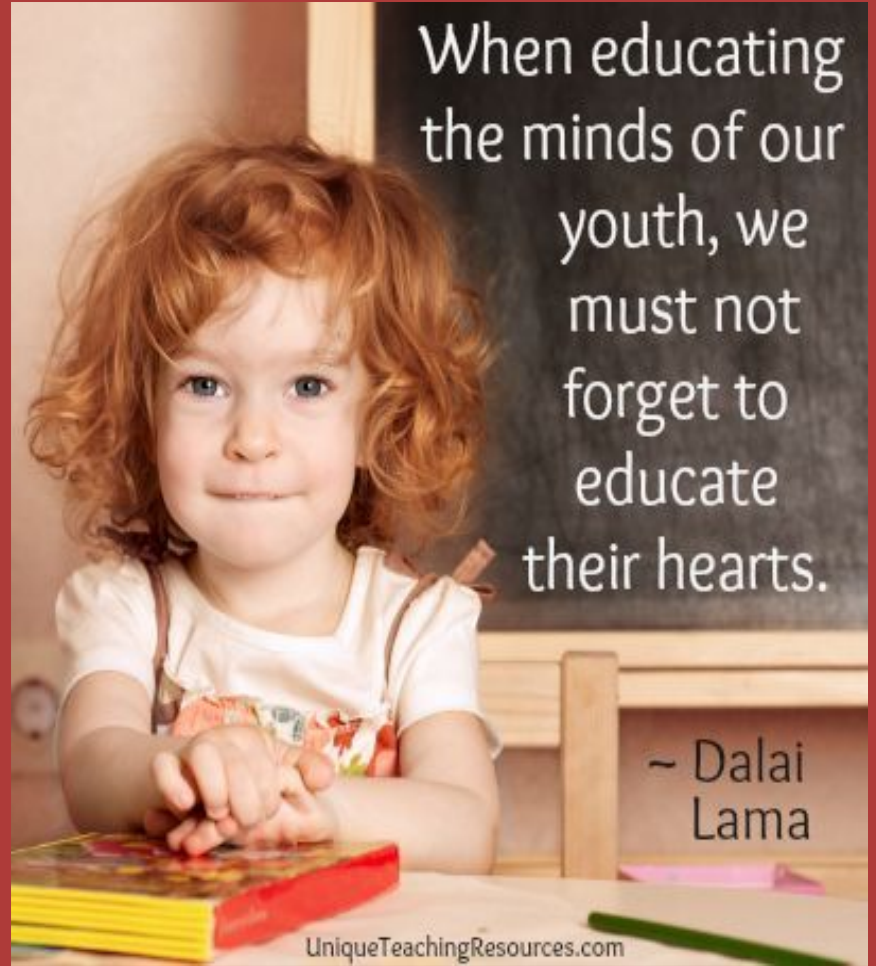




CHILDREN are the
priority
CHANGE is the
reality
COLLABORATION
is the strategy.

-Judith Billings

www.supportsforspecialstudents.com



~ Dalai
Lama

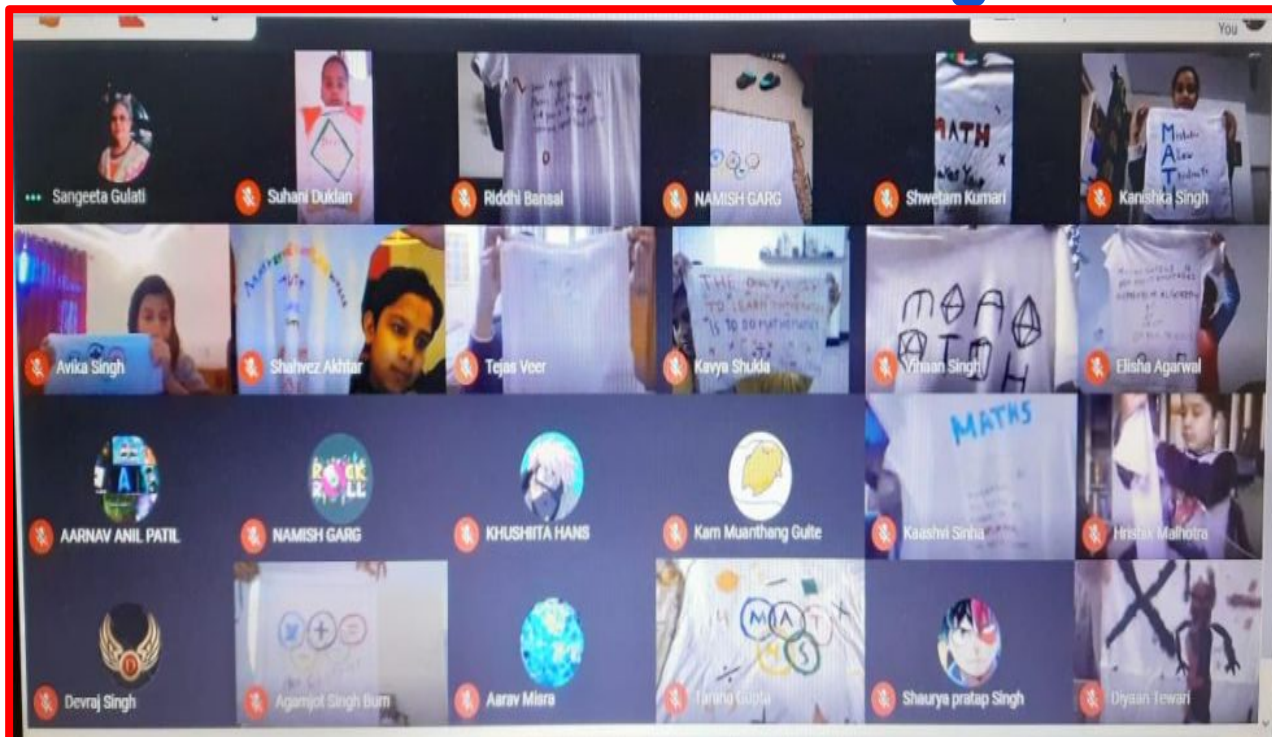
UniqueTeachingResources.com

Virtual Learning- A Challenge Accepted

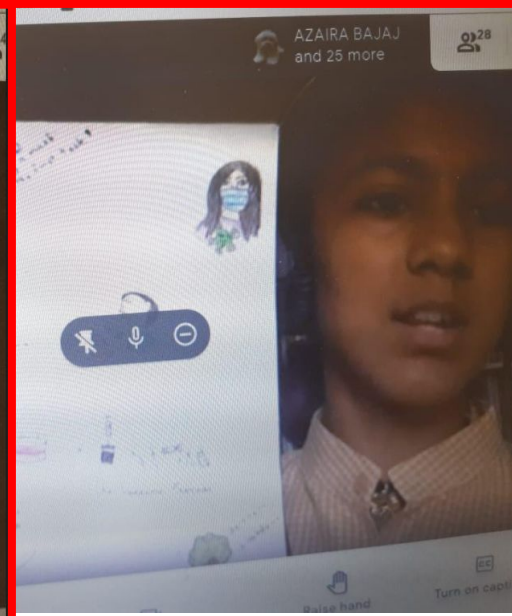
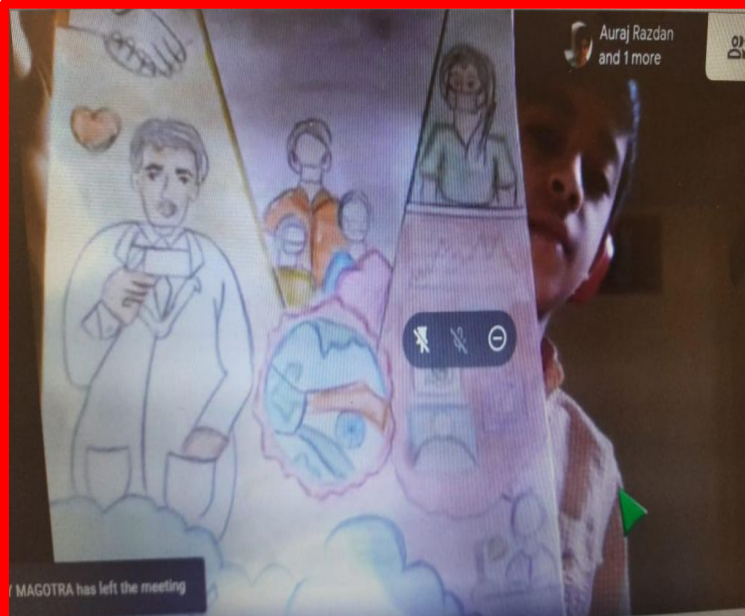
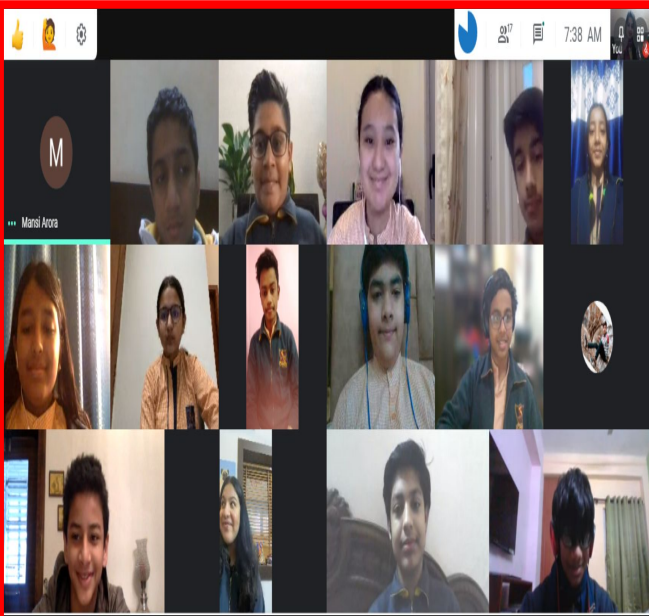
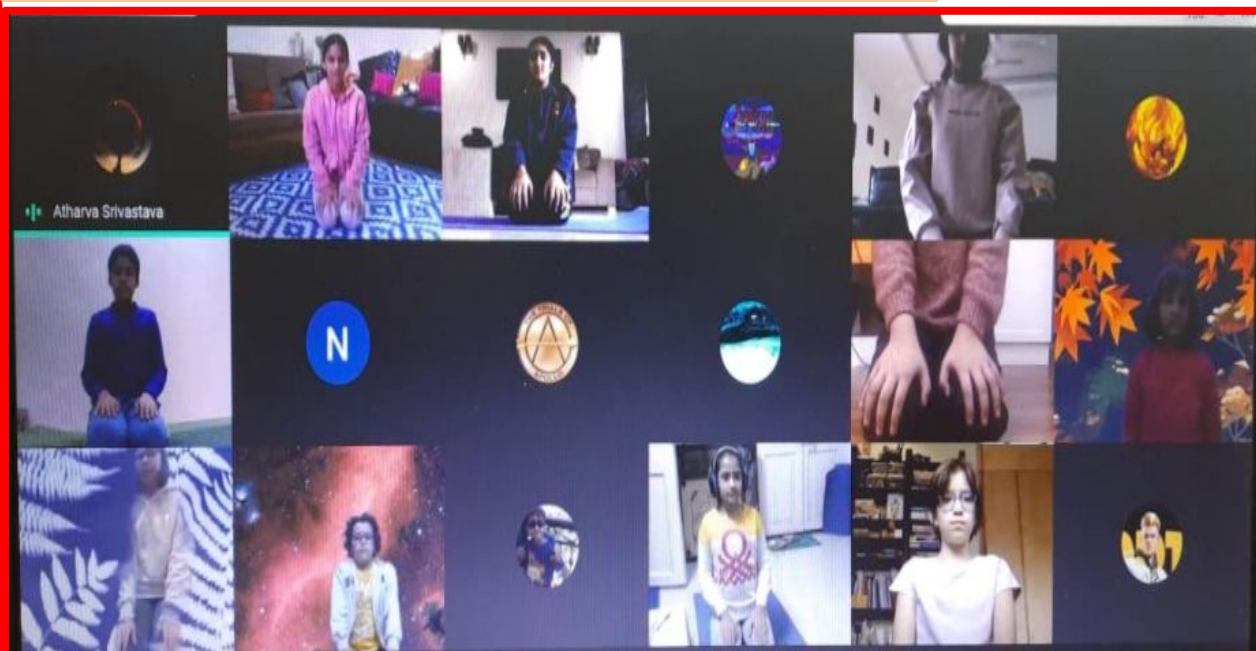


The pandemic has not dampened the spirit of Team Sanskriti to work all out to achieve our vision statement.

‘To create happy, thinking & feeling Sanskritians who will be changemakers’



Glimpse of Virtual Learning





Vice-Principal
Ms. Poorni Rajesh

DREAM TEAM-MIDDLE SCHOOL



- **Incharge: Ms Abha Malik**



- **Counsellor: Ms Nayandeep Kaur**



- **Academic Coordinator: Ms Kavita Verma**



- **Special educators:**
 - Ms Rashmi Dhawan**
 - Ms Kavita Oza Bharti**
 - Ms Shashi Singh**
 - Ms Shikha Chopra**
 - Ms Prachi Sharma**
 - Ms Charlotte Thomas**

DREAM TEAM - MIDDLE SCHOOL

Grade Representatives



Grade 6 Rep- Ms Anjali Tulsiani



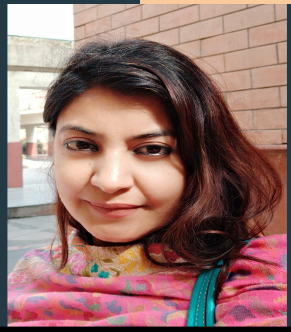
Grade 7 Rep- Ms Swati Shukla



Grade 8 Rep- Ms Geeta Mudhar

DREAM TEAM - MIDDLE SCHOOL

Grade 7 Class Teachers



VII A Ms Nidhi Bajaj



VII B Ms Nisha Sharma



VII C Ms Pritha Singh



VII D Ms Hema Dhingra



VII E Ms Sangeeta Kumar



VII F Ms Rashi Pangsa



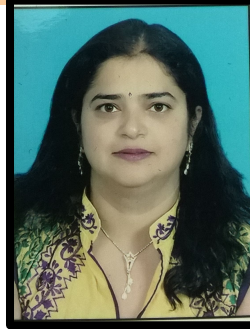
VII G Ms Anupam Bhalla

DREAM TEAM - MIDDLE SCHOOL

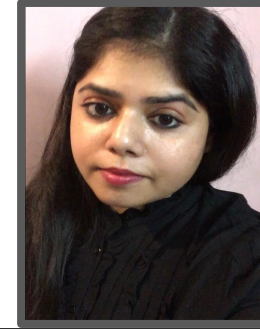
Grade 8 Class Teachers



VIII A - Ms Meenakshi Kachroo



VIII B - Ms Punita Ahuja



VIII C - Ms Shivani Gulati



VIII D - Ms Rashmi Sharma



VIII E - Ms Renuka Talwar



VIII F - Ms Ruchi Sinha



VIII G - Ms Mansi Arora



Middle School In Charge Ms Abha Malik



Well Planned Daily Online Schedule



CTIP+HPE	7:30-7:50
Slot I	8:00-8:45
Slot II	8:55-9:40
Slot III	9:50-10:35
BREAK	10:35-10:55
Slot IV	10:55-11:40
Slot V	11:50-12:35
Slot VI	12:45-1:25

Two free slots every day!

Daily Online Schedule



CTIP + HPE

Three academic periods per day.

Two activity periods per week.

One IT period per week.

Activity periods include Yoga/PE

One Work Ed. period per week.

Two free slots everyday.

Work submission during regular school



- Notebooks are equipped with a checklist at the beginning and students are encouraged to ensure that their work meets the requisites.
- Homework is staggered and coordinated between different departments in order to avoid pressure of submissions on students.



Work submission during virtual school

Innovative ways are used to gauge the understanding and conceptual clarity of students.

- Collaborative assignments
- Edpuzzles
- Kahoot
- Quizizz
- Nearpod
- Google forms
- Scanning and uploading notebook work



Points to be flagged



- Summer break started yesterday 23rd April, 2021 and we join back on the 7th of June.
- We have a summer camp coming up. The information for which is in the Google Classroom. Please take an informed decision. Two options can be selected from each group of activities.
- First Round of Unit Test will be as per the schedule. Any change will be updated in the classroom
- Term-I exams for Middle School to begin on 10th September, 2021
- Open house on 21st Aug, 2021

Dos and Don'ts of Online Classes



It is compulsory for children to wear their **school uniform** to attend online classes.



Keep the camera switched on at all times during the classes.



Be an active listener and do not write any irrelevant comments in the chat box to distract the class.

Attendance and Submissions



- Please ensure that your ward attends the online classes regularly. There is no substitute to classroom teaching.
- Attending the CTIP at 7:30 am is a must as during that time a lot of information is given to the children about various activities and events planned by the school.
- Keep a regular check on your ward's work and encourage them to make submissions on time.
- Internal assessment, which includes submissions, is an important part of the overall academic performance of your ward.

Attendance - on account of leave



- Leave during an exam/UT due to a medical reason needs to be followed by a medical certificate from a registered medical practitioner (to be considered for a medical leave). Please discourage your ward from writing an exam if they are unwell.
- The class teacher needs to be informed about a leave taken due to any other reason before availing it.
- If your ward is taking part in an inter-school competition or representing the school at the state or National level on the day of an exam/UT, then they will be granted permission to appear for the same and it will be counted as 'permitted leave'.

Academics - Building a set routine



Children benefit tremendously when you help them bridge their two most important worlds-

- ▶ Regular check on the website, Google classroom and work submissions.
- ▶ Complete home tasks on time.
- ▶ Revise the concepts done in the online sessions on a daily basis.

Submission of UT/Exam papers



- Answer sheets must be submitted in the required format as instructed and within the given time frame.
- Re-submission of answer sheets is not allowed.
- In case of connectivity issues, the subject teacher or class teacher must be informed immediately and the images of the answer sheet should be immediately e-mailed or sent via whatsapp. The same should be converted into a PDF and attached to the assignment created in Google Classroom as soon as possible.



Assessment Grades VII & VIII

Internal Assessment

- Projects for each subject paced over the year
- Work submission
- Class participation
- Subject-specific enrichment activities
- Portfolio for some subjects
- ASL-English, Hindi & Language
- Science Experiments

Unit Tests and Term Exams

- Unit tests
- Term exams
- Student-friendly format of multiple-choice questions, administered through Google forms and docs.
- Practice tests will be conducted before unit tests.

Assessment Grade 7/8

Internal Assessment

- Projects for each subject
- Subject specific enrichment activity
- Regularity of work submission
- Participation in class discussions
- Portfolio for some subjects
- ASL-English, Hindi & Language
- Science Experiments

is what

Subject specific enrichment activity- listening skills, map work maths projects,

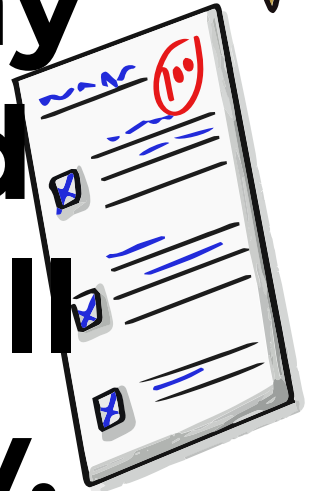
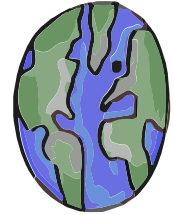
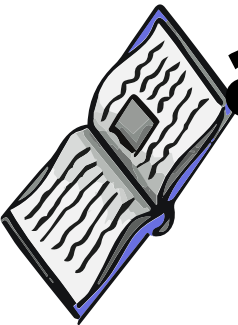
Portfolio for some subject- life long... what has been done by the child over the year...

Some more Important Dates-non scholastic days 2021

- International Dance Day-
- Yoga Day-21 June
- MUN /CLUB DAY/ Assembly
- School Birthday/Cultural Fest- language orientation
- Teachers day/Annual day/ Science maths literary days

Please look at the School Calendar on the Website or in the School Almanac for other important dates.

**Login to Google
Classroom every day
as instructions and
announcements will
be posted regularly.**



Google Classroom


Google Classroom is a Google for Education (web and mobile) app that lets students join classes, see subject resources, attempt assignments, connect with classmates, send private comments to teachers and see everything in one place.

- Sanskriti School is a proud user of Google Workspace for Education Fundamentals.
- Each student has been given a unique school email ID and they can access Google Classroom through the same: (admissionnumber@sanskritischool.edu.in)
- **All kinds of communications will be done through Google Classroom, so students are required to check it on a regular basis.**

Guardian Summaries


- Guardians can get an email summary of their ward's work. If you are not receiving it as yet, then you're requested to share your email ID with the class teacher.
- Guardian email summaries include:
 - Missing work**—Work that's late at the time the email was sent
 - Upcoming work**—Work that's due today and tomorrow (for daily emails) or work that's due in the upcoming week (for weekly emails)
 - Class activity**—Announcements, assignments, and questions recently posted by teacher
- Guardians **can't sign in to Classroom** directly.
- You will receive email summaries by **accepting the invite** from the teacher.
 - *You can choose the frequency of the emails, such as daily or weekly.*
 - *You can unsubscribe or remove yourself from Classroom at any time.*
- Ensure that the **details submitted** by you (Parent) on the school website are **complete and updated**.


← [Add] [Trash] [Email] [More]


Google Classroom

Mansi Arora invited you as a guardian in Google Classroom

You'll get a weekly summary of Guneet's progress with missing and upcoming work, and new teacher posts.

**Guneet**
ACCEPT
I'M NOT THE
GUARDIAN

 You don't need Gmail or a Google Account to accept.

If you accept, your contact information will be shared with Guneet, Guneet's teachers and domain administrators, and applications they authorize for use



← Classroom
classroom.google.com [Share] [More]

[Grid] [Profile]

Get Classroom email summaries

You've been invited to get email summaries. You're signed in as **Geeta Mudhar** (mgeeta1710@gmail.com).

SWITCH ACCOUNT **ACCEPT**

← Email settings
classroom.google.com

Email settings

Google Classroom email summaries

Email summaries are sent to mgeeta1710@gmail.com. [Learn more](#)

Frequency
How often would you like to receive an email summary of your student's activity?

Guneet Kaur
7807@sanskritschool.edu.in

Weekly

Timezone
Daily summaries are sent each afternoon, and weekly summaries are sent on Friday afternoons.
(GMT+05:30) India Standard Time



← Email settings
classroom.google.com

Email settings

Google Classroom email summaries

Email summaries are sent to mgeeta1710@gmail.com. [Learn more](#)

Frequency
How often would you like to receive an email summary of your student's activity?

Guneet Kaur
7807@sanskritschool.edu.in

Weekly

Daily

No summaries

Timezone
Daily summaries are sent each afternoon, and weekly summaries are sent on Friday afternoons.
(GMT+05:30) India Standard Time

←

Hi Guneet,

Mansi Arora added a guardian to your account.

Geeta Mudhar
mgeeta1710@gmail.com

They will get a weekly email summary of your progress with missing and upcoming work, class announcements, and more.

If you don't want to receive emails from Classroom, you can [unsubscribe](#).

Google

Guardian Summaries- Examples



Google Classroom

Weekly summary for Guneet

Apr 16 – Apr 23, 2021

Student work

Missing from last week

IX-E English – due Apr 21

Reading Comprehension_April

Please find attached the comprehension exercise to be done this month. You could write your answers in the Smart Skills and upload a scanned copy of the same here.

Due next week

9 E work Ed 2021-22 – due Apr 24

Heming work given on april 20

IX-E English – due Apr 29

Other than Academics



MUN

Atal Innovation Lab

Yoga

Club Days

Chess

Physical Education

Work Education

Visual Arts

Jazz

Indian Vocal

Manas Workshops

Cultural Fest

Theatre

Reading Months

Virtual tours



Middle School Counsellor Ms Nayandeep Kaur



Screen Time: Good or Bad ?

“Screen time is an obsolete concept when screen time is all around us. It is the content we consume and the context in which we consume it that affects our well being.”



Dr. Michael Rich, Director of the Center
Media and Child Health at Boston's
Children's Hospital /Harvard Media
School

Remote Learning



- An opportunity for students and teachers to remain connected and minimize the learning loss.
- Students at Sanskriti benefit from Inclusive Education where every child is valued. It is critical to respect the differences and be accommodative.
- Curriculum devised in ways that emphasize development of social-emotional intelligence in students along with academic rigour.

Developing a Consistent Routine

	URGENT	NOT URGENT
IMPORTANT	1 DO FIRST	2 DO LATER
NOT IMPORTANT	3 DELEGATE	4 ELIMINATE

- Schedule your day
- To do list (regular attendance of online classes + homework)
- Prioritize
- Negotiate and set boundaries between study and relaxation time
- Be flexible - gauge the day and make changes

How to schedule your child's day?

ONE DAY- 24 Hours

How to fill
your child's
jar each
day?



What will
come
first?

PRIORITIZE

Step 1 : **ROCKS** - things that are important and you have to do



Step 2 : **PEBBLES** - Things you enjoy and wish to do



Step 3 : **WATER** - Little things that fill your time that don't have to be scheduled



ROCKS, PEBBLES and WATER are all important to enjoy life, and to feel a sense of happiness and satisfaction.

The key is in...

FINDING A BALANCE

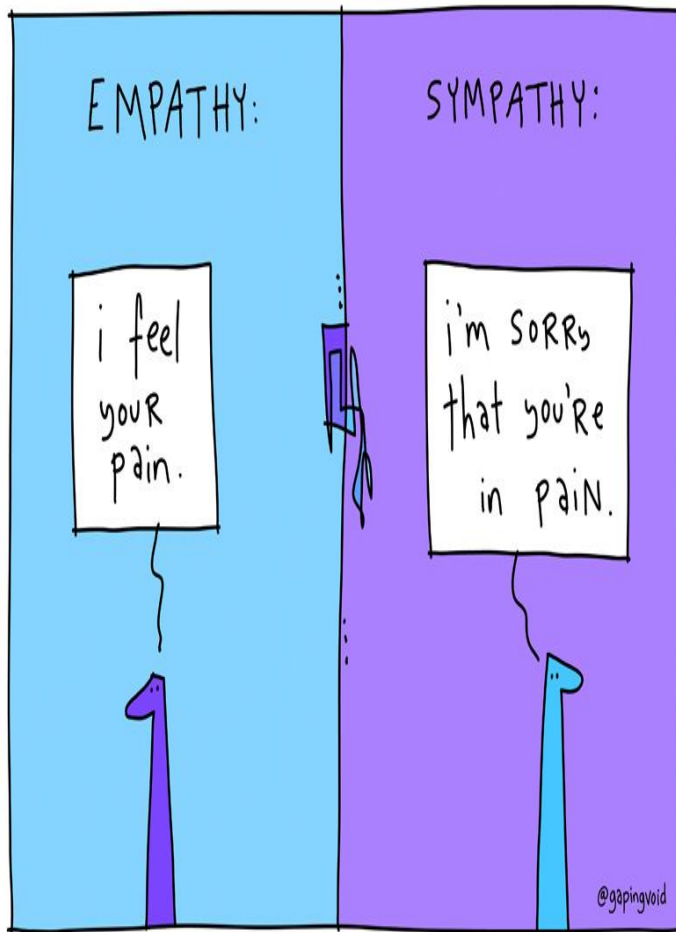


How to raise a HAPPY child?

- ★ Allow your child to EXPRESS his/her feelings freely.
- ★ LISTEN to your child with undivided attention.
- ★ Help your child EXPLORE his/her interests, strengths and talents.
- ★ Let your child make his/her OWN DECISIONS.
- ★ Reward & CELEBRATE smallest of efforts, victories & disappointments.
- ★ Lead by example.
- ★ Help your child SEEK beauty in small moments.
- ★ Teach your child GRATITUDE.
- ★ Teach your child EMPATHY.



Teaching empathy...Teaching them to co-exist



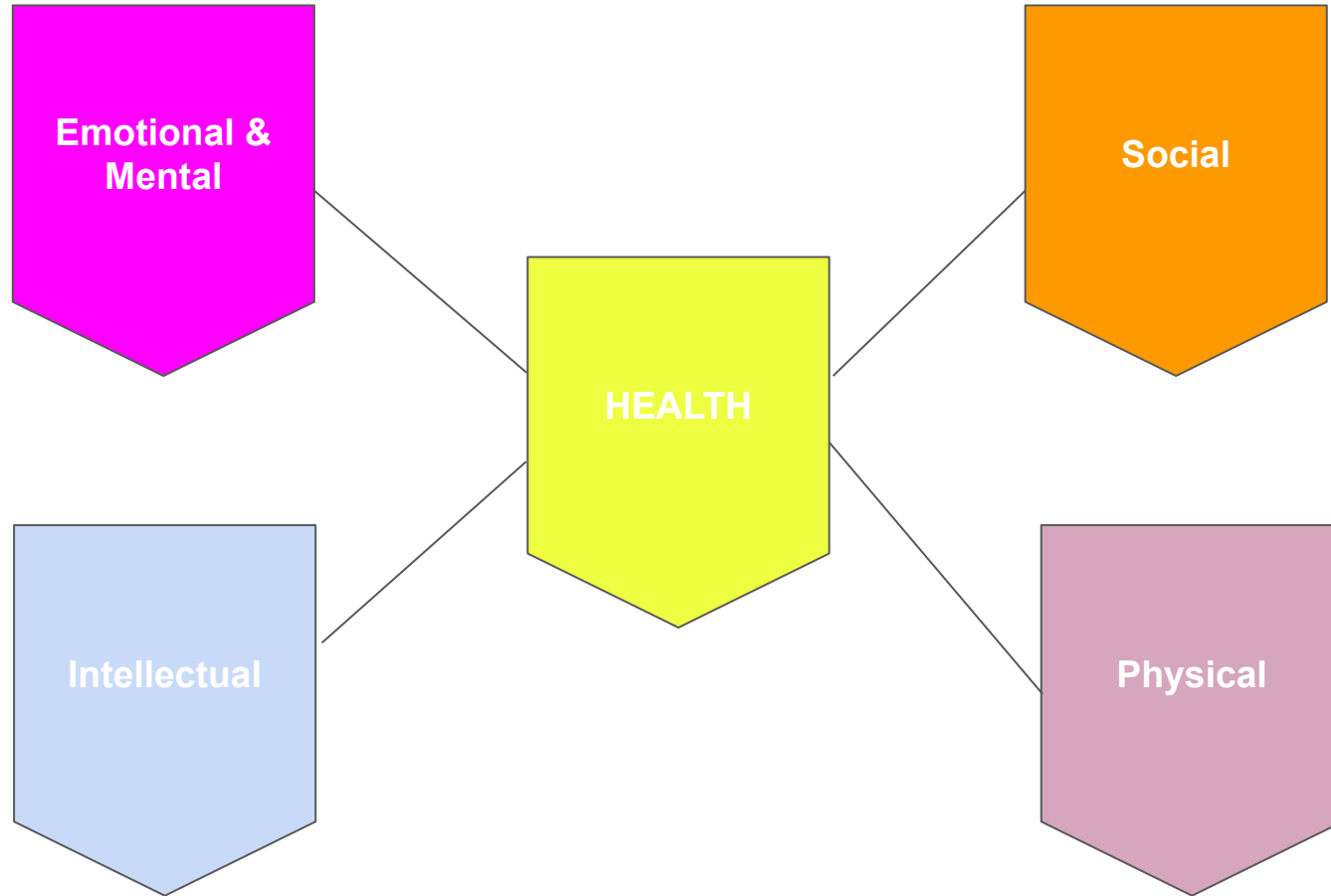
- ★ See with the eyes of another.
- ★ Listen with the ears of another.
- ★ Feel with the heart of another.

- ★ Respect one another.
- ★ Use kind words.
- ★ Be grateful.
- ★ Be humble.
- ★ Give and share.
- ★ Encourage each other.

Words Matter



Creating safe spaces and ensuring holistic health



THE MENTAL HEALTH BENEFITS OF EXERCISE

FOR CHILDREN AND TEENAGERS



Increases self esteem



Improves social wellbeing



Improves attention



Improves decision making



Improves personal growth



Reduces risk of depression



Reduces anxiety



Can help children feel as though they are in charge of situation



Improves sleep



Increases autonomy



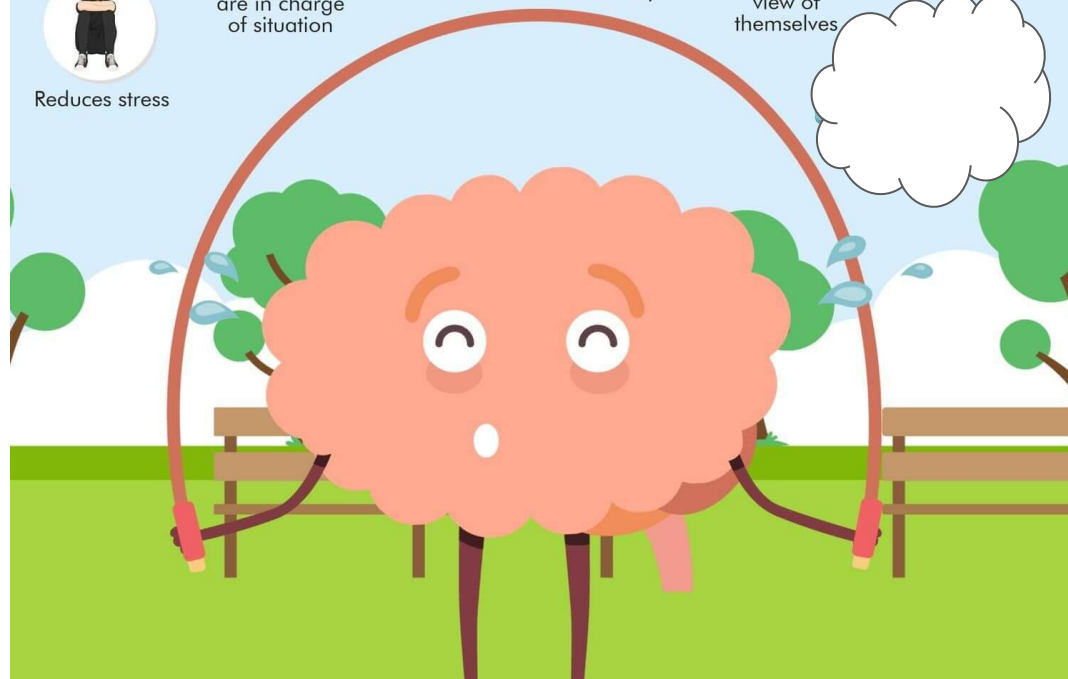
Can provide children with a more positive view of themselves



Increases confidence



Reduces stress



Wellness Workshops

help!
WHY AM I
CHANGING?



GRADE VI

Demystifying Growing Up and Adolescence

GRADE VII

My 'I' - Self-development

GRADE VIII

My Self - In the World



Other Wellness & Safety Workshops

- ❖ Manas
- ❖ Cyber Safety & Digital Netiquette
- ❖ Child Safety & POCSO
- ❖ Study & Exam Skills in the Digital World
- ❖ Mental Health Awareness
- ❖ Puberty Health Education

Parents as Co-Teachers



Facilitate your child's learning

- Provide designated space for e-learning.
- Minimize distractions.
- Encourage regularity and punctuality.
- Encourage child to follow class rules
- Maintain routines.
- Help them prioritize.
- Observe online behaviour.
- Know your child's friends - online and offline.
- Supervise, but do not invade their space.
- Teach digital responsibility and netiquette.

"PARENTS ARE
TEACHERS,
AND HOME
IS A CHILD'S
FIRST
AND MOST
IMPORTANT
CLASSROOM."

Warning signs to look out for

- Disturbed sleep/ nightmares
- Aggression or anger when can't get/ be online
- Loss of appetite
- Bedwetting, thumb sucking
- Meltdowns
- Socially withdrawn or sad
- Lack of interest in regular activities
- Neglect in grooming and hygiene
- Noticeable increase or decrease in device use
- Your child receives phone calls from people you do not know or makes calls to numbers that you do not recognize
- Unexplained deterioration in academic performance or missing classes/ work
- Your child changes screens or turns off the device when an adult enters the room



Important DOs

Self-Care & Mental Health

for Kids



Share your own feelings to **encourage** self-awareness.



Find social groups that help them feel like they **belong**.



Set aside time for **low-stress** or solo activities.



Practice **self-care** for yourself to set the standard.



Focus on articulating feelings.
"I am angry."
"I am sad."

Encourage **journaling** and diaries.

Encourage your child to focus on the **moment**.



Establish a **self-care** routine.



Recognize **toxic** stress events.

BlessingManifesting

Cultivate interests and **hobbies**.

- Empathise and motivate them. Don't let your child feel overwhelmed. Not everything is urgent.
- Talk to your children when they feel anxious. Do regular check-ins with them and see how they are coping.
- Encourage positive study behaviour - independent learners.
- Assist them when they get stuck.
- Build a routine together - adequate sleep, healthy diet, hydration and exercise.

Your Support Matters



- Regulate electronic use/ media consumption - guided screen time
- Strictly 'no screens' in bed. Turn off all electronic devices at least 30 minutes before bedtime.
- Don't compare yourself with others.
- Remember to have fun with each other.

Things to Remember



- Nothing about the past has been normal.
- Everyone is exhausted and scared to varying degrees.
- Inability to do the things we were doing pre-Covid is naturally upsetting.
- Feeling grief over the loss of loved ones is hugely difficult to overcome.

Have faith; tough times shall pass.

You do not have to do it all alone

- Create a community of support and communication
- Reach out to
 - Family
 - Friends
 - Professionals





Need to talk to us?

We're listening...

Class VII



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VII A	Ms Nidhi B Anand	nidhibajaj@sanskritischool.edu.in
VII B	Ms Nisha Sharma	nishasingh@sanskritischool.edu.in
VII C	Ms Pritha Singh	prithasingh@sanskritischool.edu.in
VII D	Ms Hema Dhingra	hemadhingra@sanskritischool.edu.in
VII E	Ms Sangeeta Kumar	sangeetakumar@sanskritischool.edu.in
VII F	Ms Rashi Pangasa	rashipangasa@sanskritischool.edu.in
VII G	Ms Anupam Bhalla	anupambhalla@sanskritischool.edu.in
Grade Rep	Ms Swati Shukla	swatishukla@sanskritischool.edu.in

Need to talk to us?

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Class VIII



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VIII A	Ms Meenakshi Kachroo	meenakshikachroo@sanskritischool.edu.in
VIII B	Ms Punita Ahuja	punitaahuja@sanskritischool.edu.in
VIII C	Ms Shivani Gulati	shivanigulati@sanskritischool.edu.in
VIII D	Ms Rashmi Sharma	rashmisharma@sanskritischool.edu.in
VIII E	Ms Renuka Talwar	renukatalwar@sanskritischool.edu.in
VIII F	Ms Ruchi Sinha	ruchisinha@sanskritischool.edu.in
VIII G	Ms Mansi Arora	mansiarora@sanskritischool.edu.in
Grade Rep	Ms Geeta Mudhar	geetamudhar@sanskritischool.edu.in

Need to talk to us?

We're listening...

SPECIAL



Ms. Rashmi Dhawan	rashmidhawan@sanskritischool.edu.in
Ms Kavita Oza Bharti	kavitaorza@sanskritischool.edu.in
Ms Shashi Singh	shashisingh@sanskritischool.edu.in
Ms Shikha Chopra	shikhachopra@sanskritischool.edu.in
Ms Prachi Sharma	prachisharm@sanskritischool.edu.in
Ms Charlotte Thomas	charlottethomas@sanskritischool.edu.in

Need to talk to us?

We're listening...



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Ms Richa Agnihotri	principal@sanskritischool.edu.in
Ms Abha Malik	abhamalik@sanskritischool.edu.in
Ms Nayandeep Kaur	nayandeepkaur@sanskritischool.edu.in
Ms Raji	middle@sanskritischool.edu.in

THANK YOU
for joining us!

