

Views from the School Leaders



Ms. Sushma Reddy

Vice-Principal
Johnson Grammar School,
ICSE & ISC
Mallapur, Hyderabad.

**"School's perspective
-Welcoming children to
school".**

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The beautiful spring came; and when nature resumes her loveliness, the human soul is apt to revive also.

Harriet Ann Jacobs

CCOVID-19 isolation which had impacted almost every area in one way or another is slowly regaining its momentum and has now entered the recovery phase.

The lockdown due to COVID-19 has greatly interrupted conventional schooling thereby affecting academics, assessments, physical activities, psychological and emotional fitness. It is now of utmost importance to figure out how to prevail over this situation of fear, anxiety and panic and get back to being cheerful, confident and positive.

The Educational community has made collective efforts to maintain continuity in the curriculum through remote learning. It is now the makers of Education Policy who should plan effective strategies to get the children back to school, simplify the curriculum to accelerate learning, develop remedial bridge/tutorial programs, and implement strategies for the social-emotional well-being of the staff and students, working with local political and school management groups.

The syllabus needs to be restructured with increased flexibility to cater to the individual learner needs thereby giving scope to achieve potential in every learner, understanding their unique needs and capabilities and motivating them to aim higher.

Teachers in the new normal scenario need to make substantial changes in their perspective towards school education.

The profession being multi-faceted, rethinking effective lesson plans, improving personal interaction with the students to re-establish the connection and the incorporation of discipline to get back to routine is the need of the hour.

COVID-19 awareness on the psychological and emotional level needs to be supported with innovative teaching and learning approach that can be fruitful by adapting to the new demands. The school counsellor should design new approaches to address the emotional stress that the virus has unleashed in the stake holders.

Parents have a greater role to play in protecting and educating children about the COVID-19 pandemic which has brought with it new challenges. Constant and continuous communication with teachers, keeping a track of their child's academic progress and appreciating the efforts put in is what will make a great impact in the mental well-being of our learners. Developing new and creative ways of engaging parents in their children's learning will also help in family bonding.

Building a trusting relationship between families and school for a productive partnership is a prerequisite. Parents, the School Management along with the teachers hold the greatest of potential for structuring a stronger learning environment.

Let us all contribute together towards building a more resilient society by strengthening the pillars of education.



Views from the School Leaders



Sapna Kohli
Academic Coordinator
Amanora School

"Teacher's Role- Paving the way to smooth transition - from home restrained life to back to school".

"If you are going to make a change, you are going to have to operate from a new belief that says life happens not to me but for me." – Tony Robbins

The Education Ministry has already released guidelines for reopening schools, which include thorough cleaning and disinfection of premises, flexibility in attendance, no assessment for up to three weeks and ensuring smooth transition from home-based schooling during COVID-19 lockdown to formal schooling. It has also asked states and union territories to frame their own Standard Operating Procedures (SOPs) for health and safety precautions based on their local requirements.

With schools closed in such unprecedented times, young children may struggle to settle back in school as they will be in

new grades, different teachers and even classmates. Also, for many families' life has been upended by lockdowns, remote working or school closures. Many children have become used to having their parent by their side at all hours.

Now there comes the role of a teacher and a parent to prepare children for this transition with some planning and communication. A few tips that can help a child adjust and feel safe to make the transition back to old usual routines.

- To be honest, clear, and direct when talking to children about school, teachers, class etc. Talk about the rituals they remember and how things might stay the same or look different when they join back school.

- To talk explicitly about certainty and uncertainty, about what can happen and what is still unknown. Learning to live with uncertainty and still be able to enjoy learning and friendship on campus in school will be no less than a skill learnt for lifetime.

- As parents find some time may be twice a week, to sit down with your child and just follow how they want to play a game. Children will be calmed and reassured by your attention.

- Start the school schedule a week or two weeks early. Have the children wake up, eat breakfast, and go to bed on time so that their body clocks become adjusted to the school's time schedule.

- Listen to the child's worry and talk to them about their concerns. Reassure them about safety measures in place at school to help keep them and others safe like those of thorough cleaning and disinfecting all areas, furniture and other equipment on campus. Schools to have Emergency response team to implement SOP's keeping in view the safety and social distancing norms, ensuring signages and posters in campus. School to have a full-time trained Nurse and Counsellor to take care of physical and mental health of students. Attention to be given on the academic on the academic aspects including curriculum, timetables and assessment.

- Schools would focus on learning outcomes and a comprehensive academic plan will be followed with Alternative Academic Calendar guideline as per NCERT. Laying focus on writing skills so as to bridge the gap and writing work of students is not posed as a challenge later.

Thus, schools will ensure a smooth transition of students from home based online schooling to formal schooling during this unusual time of COVID. To conclude as rightly quoted by- Willie Stargell- "Life is one big transition", if we transitioned THEN We will transition NOW...



Views from the School Leaders



Kavya mannepalli
School Counsellor
Johnson Grammar
School, Habsiguda
Hyderabad

"Strategy to rehabilitate children in schools (post-pandemic era) Challenges/Strategies-Role of school and the parents."

"No society can long sustain itself unless its members have learned the sensitivities, motivations and skills involved in assisting and caring for other human beings."

-- Urie Bronfenbrenner

Pandemic has affected lives of people all around the world, especially children. It has created a hindrance in meeting their developmental needs. Urie Bronfenbrenner in his theory of Ecological Systems points out that the microsystem of child encompasses- family, school, neighborhood, and childcare environments and the interaction between these areas has the strongest and greatest

impact on the development of a child, which was mostly missing in children's lives.

In particular with school, pandemic has either completely paused all these interactions or has created a glitch wherein the child didn't meet their classmates and had no direct contact with teachers, almost for 2 years now.

The most difficult challenge for children would be to come back and start socializing in school all over again. The level of challenge that the child might face depends on their temperament, personality and the issues they had to deal with during the pandemic.

To help them navigate through this, here are few strategies that school could inculcate-

- o Recognize that they all hold different experiences of pandemic
- o Providing them opportunities to talk and express
- o Help the students socialize and get back in touch with their classmates through fun activities and games.
- o Conducting workshops on mindfulness and emotional regulation
- o Awareness programs on bullying and empathy
- o Drop boxes around the school to help students express their concerns and struggles.

Parents on the other hand can help them by:

- o Validating their anxiety and resistance as a response to stress.
- o Sitting and helping them coregulate their emotions
- o Letting them ask questions, talk with them and be more available to them.
- o Making sure they get enough sleep, nutrition and physical exercise.
- o Reassuring them that they would soon be able to cope with everything and that they have your support.

For further assistance, reach out for professional help.



Views from the School Leaders



Chaitali Upadhyay
HSCP Coordinator
Ryan International
Academy,
Bavdhan, Pune

The most ongoing dilemmatic topic is “School Reopening” where a lot of thoughts, opinions are being shared.

No doubt prolonged closures adversely impacts essential school-based services such as academic delivery and psychosocial support, and can cause stress and anxiety due to the loss of peer interaction and disrupted routines. At the same time, school reopening must be safe and consistent with overall COVID-19 response plans with all reasonable measures to protect students, staff, teachers and their families.

Being an HSCP coordinator I feel the school should adopt and work on all the safety measures before the decision is made. In order to achieve zero incidents related to Covid-19 in school, we

must follow safety aspects prior to the reopening, during the process of reopening and once the schools are reopened. This can involve following methods

1. 100% vaccinated staff as well as parents.
2. Well-equipped infirmary and isolation rooms with emergency services.
3. Monitor health status and reasons of absenteeism of each of the members in the school.
4. Develop detailed protocols on hygiene measures including handwashing, respiratory etiquettes, cleaning procedures of facilities and use of signage.
5. Develop clear and easy-to-understand protocols on physical distancing measures, including prohibiting activities that require large gatherings, staggering the start and close of the school day, moving classes to temporary spaces or outdoors with restricted class size.
6. Have a counselor support available on school campus
7. Create and implement awareness campaign for sensitize students teachers and parents on regular parents.
8. Stringent implementation of visitor management policy to ensure safe learning environment.



Views from School Parents



Sunil Nambiar

Parent of Niranjana
S N - Grade 6,
TM Patel International
School, Surat

“School reopening - What parents can do?”

Everyone cares for children. The schools were closed during pandemic because we care about children health. School must reopen now for the same reason - because we care our children. The fears of parents are reasonable. However, we need to take a balanced perspective on health and education. Parents can do the following for reopening the school-

1. Prepare their children for a different school experience
2. Create a supportive and nurturing environment at home and respond positively to questions and expressions of children’s feelings
3. Dispel numerous myths, misconceptions and fear, like schools can become places for super-spreading, about Covid-19 from Children’s mind by giving proper awareness
4. Ensure that all eligible adult members in a family get vaccinated so that spread of the Covid-19 among children can be controlled
5. Make children understand that all children, in comparison to adults, are at lower risk of transmission of Corona
6. Monitor child’s health by screening regularly and keep them home from school if they are ill
7. Teach and model good hygiene and healthy practices for their children. Insist children to wear masks, keep social distance, keep hands clean and disinfect
8. Encourage children for doing physical and breathing exercise regularly
9. Arrange safely commute to and from school
10. Develop a plan to protect family and household members who are at risk of severe illness
11. Coordinate with school to receive information and ask how we can support school safety efforts

Form the HSCP Editorial Desk



Focus on Social Connectedness for Wellness. Impact by covid and need

As per the reports of UNICEF in India closure of 1.5 million schools due to the pandemic and lockdowns in 2020 has impacted 247 million children enrolled in elementary and secondary schools. In addition, there are over 6 million girls and boys who were already out of school

even before the COVID-19 crisis began.

One in 4 children in India only have access to digital devices and internet connectivity. Prior to Covid there was only 24 % of houses in India that had access to internet. Surveys also indicates there is an increase in child labour and child marriages during the pandemic period.

Lockdown have impacted children the most. Due to the school closure and limited movements they got isolated from their classmates and friends within the school and communities. As a result, they are left with limited options and opportunities to socialize. Most of the children are not in touch with their friends since lock down. However only few of them prefer to connect through virtual mode of socializing.



It is proven by research that social relationships and behaviours in children is very important for development of a child. A study (by Lacey, Kumari & Bartley, 2014) proves socially isolated children tend to have lower academic achievement, be part of a less advantaged social class in adulthood, and are more likely to be psychologically distressed. This is carried in the adulthood as well. Long-term social isolation is also closely related to loneliness and physiological illness, and it is also proven to affect a healthy development of the brain.

Humans are inborn social beings. Everyone we interact with becomes part of our social network. This includes family members, friends, co-workers, neighbours, and acquaintances. Each one has a lasting impact on our physical and mental wellbeing. Social connections are the threads that bind our communities together. It is rooted in feelings of belonging, love & common values. During this pandemic time of social distancing, it is imperative that we do not completely disconnect from one another. In fact, it is critical now than ever to “virtually” come together.

HEALTH BENEFITS OF SOCIAL CONNECTEDNESS



Keeps one happier



Boost stronger immune system



Improves life span



Improves memory & cognitive skills



Increases motivation for self-care



Lower levels of stress

WAYS TO GET SOCIALLY CONNECTED DURING THE PANDEMIC



Use video chat applications to connect



Make a phone call with friends



Reconnect with family



Join virtual yoga / exercise classes



Attend events virtually



Neighbourhood hangout



Join an interactive online classrooms / discussion group



Volunteer with community support groups



HSCP Activities / Initiatives around our Schools

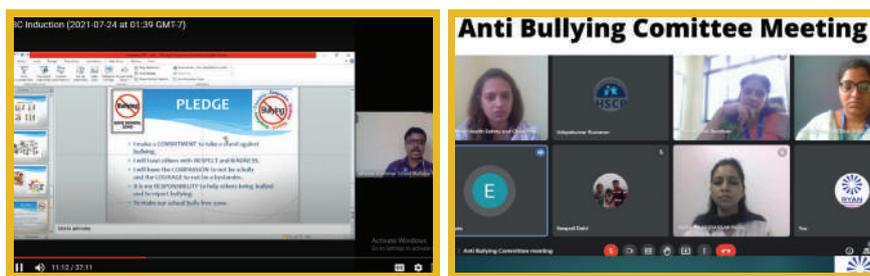
A. Staff Vaccination status

Covid-19 Vaccination of all our staff and supports staff members are being tracked week on week basis by school HSCP coordinator. As of 30th Sep 2021 we have 47% of our staff members have partially vaccinated (First dose), 51% fully vaccinated (Both doses) and 2% unvaccinated. School wise staff vaccination status is listed in the below table. Pending cases belong to categories of pregnant women, recent recovery from covid-19, other medical comorbidities.

School name	Percentage of vaccinated staff
Johnson Grammar School, Habsiguda	98%
Johnson Grammar School, Mallapur	99%
Tattva School	97%
Amanora School	95%
T.M. Patel International School	93%
Ryan Education School, Jaipur	100%
Ryan International Academy, Bavdhan	100%

B. First Quarter ABC meetings

All schools have conducted Anti-Bullying Committee meeting for the quarter. The key agenda of the meeting included introduction of committee members, program and activities planned & conducted during the period, counsellor engagement plan, online safety incidents, monitoring child behavioural aspects during the online classroom, reporting of incidents and communications.



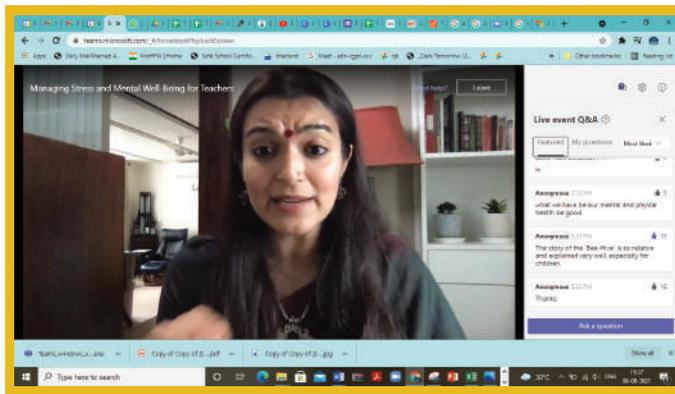
C. CSA prevention training in the School

Child Sexual Abuse (CSA)/ POCSO Act training programs was held in our schools to educate and create awareness among our staff about prevention of sexual offenses against children in physical and online world. The sessions in detail discussed about types of sexual abuse, grooming stages, identifying & recognizing the signs of sexual abuses, role of teachers and parents in prevention, reporting CSA incidents. To create awareness among the learners on safe and unsafe touches schools organized discussion sessions after demonstrating KOMAL videos. Reporting incidents through Child line numbers and NCPDR E-box was also explained.



D. Socio Emotional Wellness Program

With the Support of Fortis Hospital, we organized a programme on Managing Stress & Emotional Wellbeing. The program was intended for staff and parents to help them practice self-care tips that can help in ensuring emotional wellbeing. The speaker was Mimansa Singh Tanwar, heads Fortis School Mental Health Program. The programme was well received and attended by 387 participants.



E. School Reopening

Tattva in Bangalore, RES Jaipur, and Johnson Grammar School, Hyderabad schools have partially opened for grade 6 to 12. All Covid -19 safety protocols, advisories of the government and board are well established. It was heartening to see our young learners return to school. Kudos to our School CERT team members for establishing, governing & adhering to all covid-19 control measures.

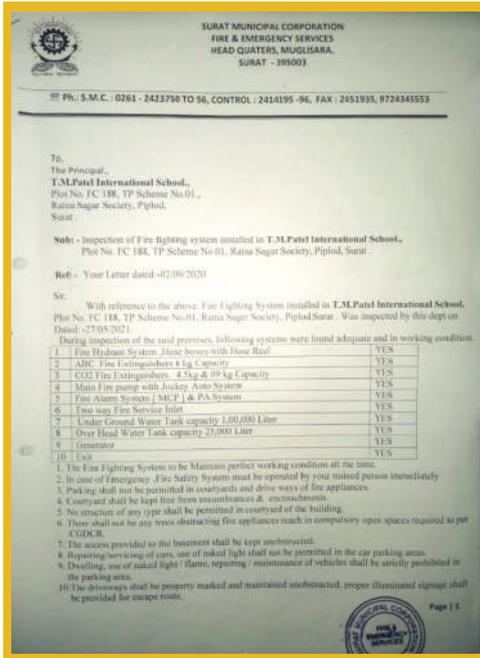


F. Event Safety, Risk management protocols for – eTiranga.

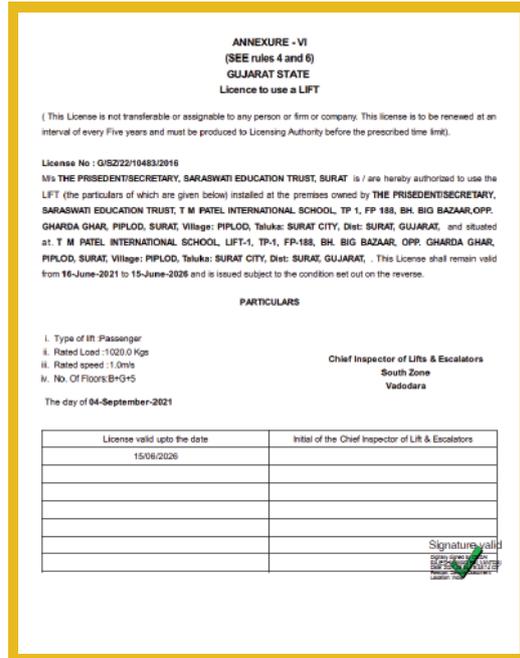
11th edition of annual Inter-School Festival - Tirangaa 2021 was held during Aug 2021. HSCP team has ensured incorporation of health safety and child protection control measures by conducting a prior risk assessment for all activities that are conducted online and offline. Safety briefing was also conducted for all online events before the commencement of actual events.



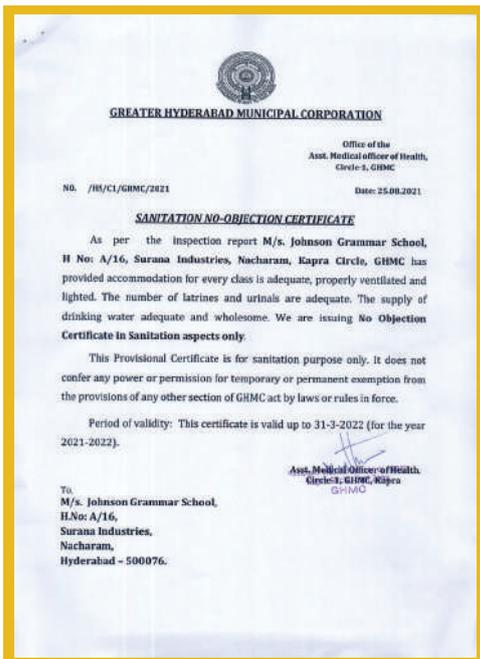
G. Licenses and Certifications



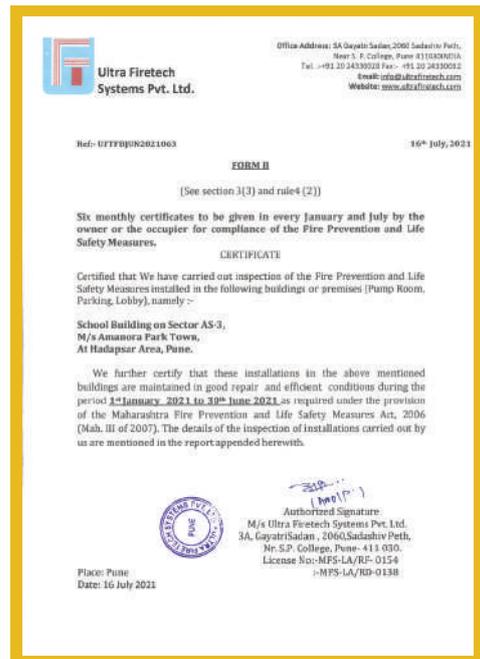
T.M. Patel International School Fire NOC



T.M. Patel International School, Lift License



JGS Hygiene and Sanitization



Amanora School, Fire NOC



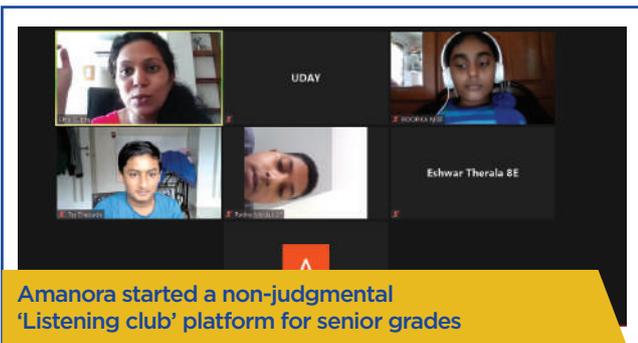
Other HSCP Events' updates from the school



Corporal Punishment prevention training at T.M. Patel International School



Anti-bullying awareness activity for students at T.M. Patel International School



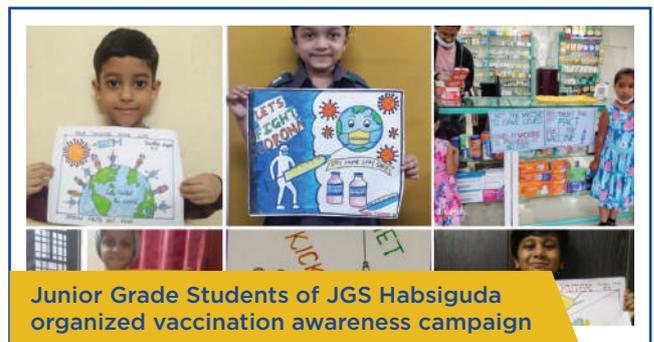
Amanora started a non-judgmental 'Listening club' platform for senior grades



Firefighting training conducted at Amanora School



Inspection by parents to check School readiness to ensure Covid -19 safety at JGS Habsiguda



Junior Grade Students of JGS Habsiguda organized vaccination awareness campaign



Support Staff Induction and training in RIA Bavdhan



Staff interaction with the counselor on behavioral concerns of learners in RIA Bavdhan



Other HSCP Events' updates from the school



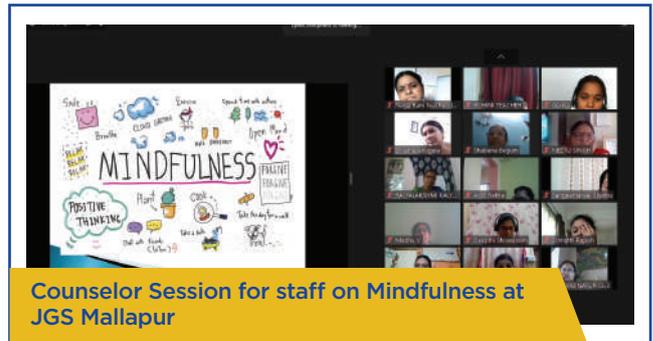
Sessions on Emotions for junior grade done by counselor in Tattva School



Corporal Punishment prevention training for staff in Tattva School



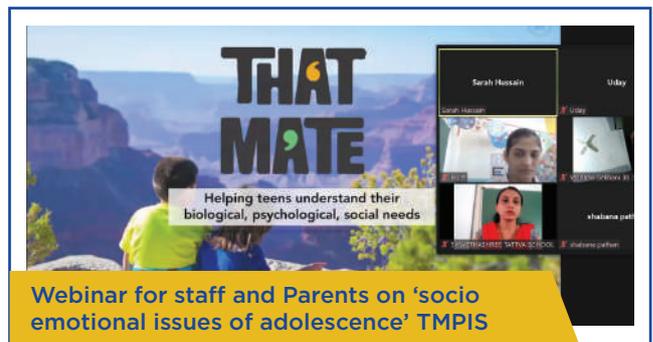
Selection of Covid safety ambassador among students at JGS Mallapur



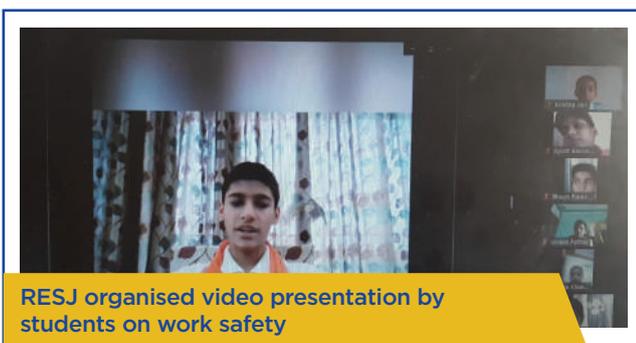
Counselor Session for staff on Mindfulness at JGS Mallapur



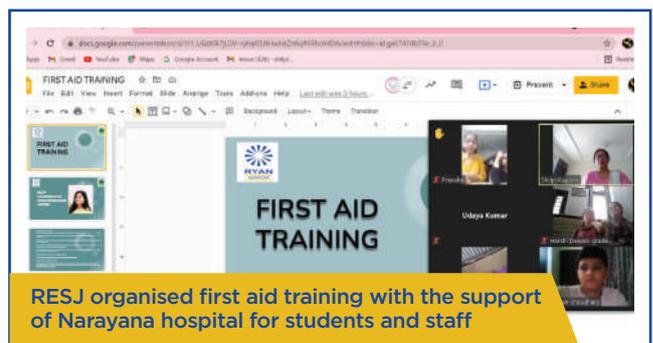
Students HSCP Induction & covid safety at JGS Mallapur



Webinar for staff and Parents on 'socio emotional issues of adolescence' TMPIS



RESJ organised video presentation by students on work safety



RESJ organised first aid training with the support of Narayana hospital for students and staff



Parent Feedback Corner



Thushar Kamtikar

Parent of Taran Kamtikar - Grade 8G, Amanora School Pune

HSCP guidelines are followed very well at Amanora School. It covers a range of topics including new additional material on current issues such as bullying and cyber safety.

Dina Patel

Parent of Sanvi Patel Grade 5A, T.M. Patel International School

Keeping children of all ages safe and healthy is one of the most crucial tasks. T. M. PATEL INTERNATIONAL is equipped with the trained staff who attend to the students who seek assistance on safety and safeguarding. HSCP committees are formed in order to engage and enlighten the students and staff about the safety measures. School management support to ensure that our children are guided and educated in this aspect of life.



Vishwanath Hosatti

Parent of Taran Sathvik - Grade 9A and Prateek - 2B, Tattva School

The HSCP team of Tattva School has taken a very good attention on cyber safety. Initiative from the Tattva School on the HSCP activities was very helpful and brought awareness for my kids. Topics covered such as cyber bullying, online safety, safe handling social media and safe/unsafe touch has created the self confidence on the kids and also helped parents.

Bullying creates a depressive impact on both bully and the victim, Hence they should stop bullying. This cyber safety session has brought a new confidence within my kids. The health and safety awareness created awareness on how to take care and what precautions should one take during and after the pandemic. Children realized and started taking the precautions for themselves. This session included talks on how hygiene promotes good health, thus improving the health standard.

Hence we are thankful to the HSCP team of Tattva School.



Leveraging Technology: Vaccine efficacy, effectiveness, and protection

COVID-19 outbreak occurred during mid of December, 2019 in China and this later spread to all the countries and WHO (World Health Organization) declared the outbreak as Public Health Emergency of International concern on 30 January 2020, and a pandemic on 11 March 2020. The only way of fighting the wide spread of this disease is by immunizing everyone. Scientific world has actively started developing a vaccine by conducting multiple clinical trials in parallel to test their quality, safety and efficacy to launch the availability for everyone. All COVID-19 vaccines have proven to be safe, effective and life-saving. Vaccinated people do get sick, but they are likely to develop milder symptoms. It is very rare for someone vaccinated to experience severe illness or death. Hence it is very important to get yourself and family vaccinated whenever that is available as per government guidelines.

Making sense of vaccine efficacy and vaccine effectiveness



Vaccine efficacy

refers to how the vaccine performs in ideal conditions - controlled clinical trials.



Vaccine effectiveness

refers to how the vaccine performs in the wider populations.



If a vaccine has an efficacy of 80 percent:

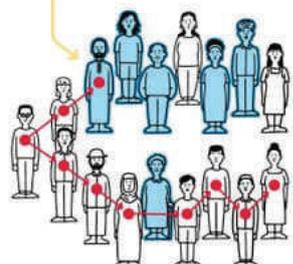


It does not mean that the vaccine will only work 80% of the time.

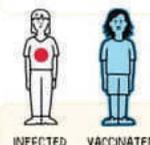
It does mean that in a vaccinated population, 80% fewer people will contract the disease when they come in contact with the virus.



Vaccines do not provide full (100%) protection, so breakthrough infections can happen.



But as more people get vaccinated, it is expected fewer people will come into contact with the virus.



Vaccines can take 2-3 weeks from the final vaccination to be fully effective. It's especially important to continue all precautions during this period, to protect yourself and others.

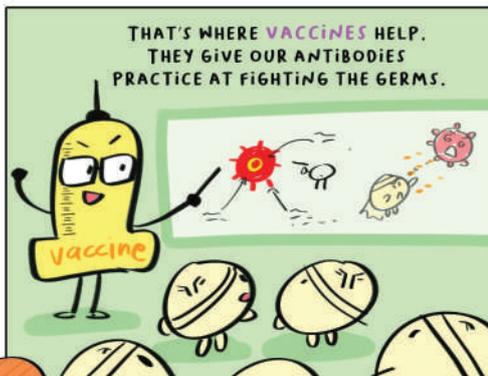
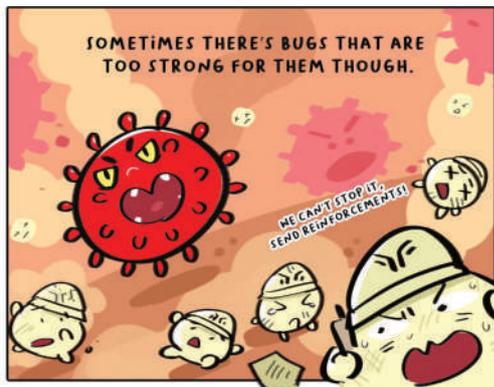
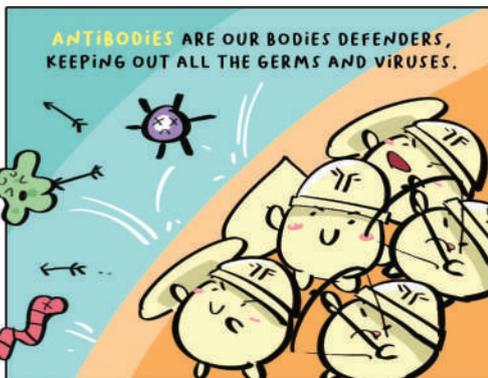


Weeks since final vaccination	Risk of contracting the disease
0	High risk (represented by a long red bar)
1	Medium-high risk (represented by a medium-length red bar)
2	Medium-low risk (represented by a short red bar)
3	Low risk (represented by a very short red bar)



Cartoon Section

THE COVID PANDEMIC vs THE WORLD



YOU CAN PROTECT YOURSELF AND OTHERS FROM COVID-19. GET VACCINATED. ALWAYS WEAR A MASK. KEEP YOUR DISTANCE. WASH YOUR HANDS.



Scan for the latest info from the World Health Organisation



Quiz Section: Disease control Measures

1. I feel like my body temperature is increasing and I'm having a headache.
I think I have a fever and this is a disease.

- A True
- B False

2. Washing hands breaks which of the following links in the chain of infection?

- A Means of transmission
- B Infectious agent
- C Susceptibility

3. What does a vaccine do?

- A Gives you immunity
- B Cures you
- C Gets you sick

4. Which of the following is a noninfectious disease that affects the respiratory system?

- A Influenza
- B Covid
- C Asthma

5. Lack of physical activity is a leading risk factor for cardiovascular disease.

- A True
- B False

Answers 1-b, 2-a, 3-a, 4-c, 5 -a

**Wish you Safe and Happy Festive Season!!
Stay Home, Stay Safe.**

For any editorial queries, feedback and suggestions reach us:
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