

TOPS IN ACADEMICS
TOPS IN SPORTS



The Avadh School
(INDIA)

THE TAS TIMES

The Official Newsletter of The Avadh School

DECEMBER 2020, ISSUE 9

“ THE POWER OF POSITIVE THINKING ”

Dear Parents,

Positive thinking is an emotional and mental attitude that focuses on the good and expects results that will benefit you. It's about anticipating happiness, health and success – essentially, training yourself to adopt a mindset of abundance and cultivate gratitude for your own successes and that of others.

How important is the power of positive thinking? It can make or break an individual. Your thoughts affect your actions. Your actions, in turn, translate into whether or not you succeed in your field, as well as influence the quality of your personal relationships and how you view the world at large. The power of positive thinking cannot be understated.

Positive thinking is not a magic wand though which can make your problems disappear. However, it does make problems seem more manageable and help you approach hardships in a more positive and productive way.

Practicing gratitude has been shown to reduce stress, improve self-esteem, and foster resilience even in very difficult times. Think of people, moments, or things that bring you some kind of comfort or happiness and try to express your gratitude at least once a day. This can be thanking a co-worker for helping with a project, a loved one for washing the dishes, or your dogs for the unconditional love they give you.

Negativity and positivity are contagious. Consider the people with whom you're spending time. Have you noticed how someone in a bad mood can bring down almost everyone in a room? A positive person has the opposite effect on others.

Being around positive people has been shown to improve self-esteem and increase your chances of reaching goals. Surround yourself with people who will lift you up and help you see to the bright side.

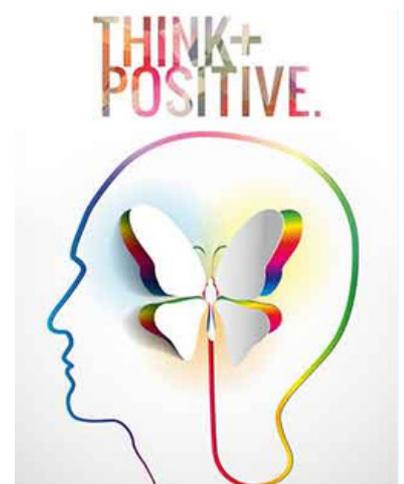
Trying to be positive when you're grieving or experiencing other serious distress can seem impossible. During these times, it is important to take the pressure off yourself to find the silver lining. Instead, channel that energy into getting support from others. Positive thinking isn't about burying every negative thought or emotion you have or avoiding difficult feelings. The lowest points in our lives are often the ones that motivate us to move on and make positive changes.

“A POSITIVE ATTITUDE WILL LEAD TO POSITIVE OUTCOMES ”

KEEP DISTANCE, STAY CONNECTED, RESPECT YOUR ELDERS.

Vijai Singh Yadav

Chairman,
The Avadh School



TAS UPDATES

DUE TO THE PANDEMIC, ALL THE ACTIVITIES WERE DONE ONLINE..



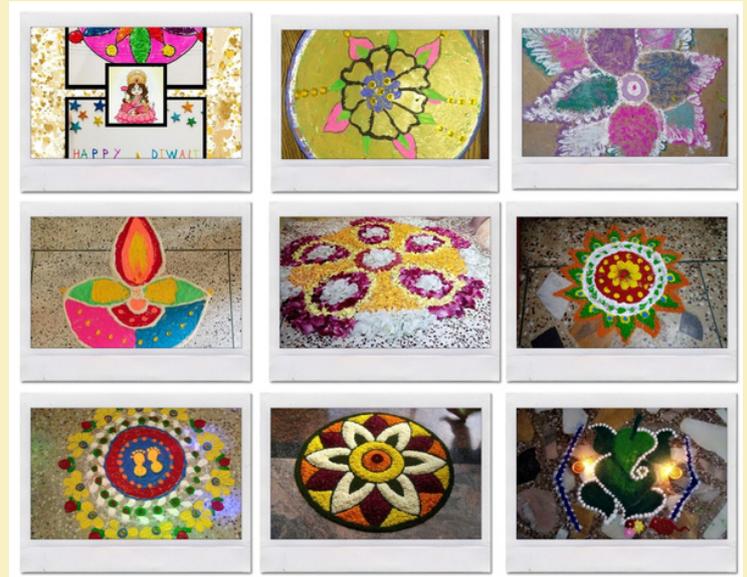
CHILDREN'S DAY CELEBRATION

Every year on November, 14th Children's Day is celebrated in India in the memory of India's first Prime Minister Jawaharlal Nehru, who loved children. The date is his birth anniversary. Every school marks this day with cultural programmes like dance, music and skits. This year we celebrated Children's Day virtually.

All teachers contributed to the celebration by conducting special assemblies, giving speeches, singing songs and playing games with the students.

DIWALI CELEBRATION

Diwali is the Festival of Lights and people celebrate it with great joy. It symbolizes the spiritual "**Victory of light over darkness, good over evil and knowledge over ignorance**". During the celebration, temples, homes, shops and office buildings are brightly illuminated. The preparations and rituals, for the festival typically lasts for five days. Our Students also celebrated Diwali with utmost zeal, safety and a green Diwali without crackers with family and friends.



INSPIRE



TAS UPDATES

NEVER TRY TO BE NORMAL, TRY TO BE MAGNIFICENT



Card Making



Gift Wrapping



TAS TEACHER



**MS. APARNA MISHRA
P.G.T ECONOMICS**



TAS STUDENT



**ARYAN NEGI
CLASS V**

THIS MONTH

15 November to 15 December

WHAT TEACHERS LOVED DOING

- Learning new things
- Online Teaching
- Lots of resources to explain topics
- Support their students

WHAT STUDENTS LOVED DOING

- Online Learning
- Creating Videos for class
- Making Projects
- Public Speaking

OUR MOTTO THIS MONTH

“ Don't follow your dreams , chase them . ”

TAS THIS MONTH

MENTAL HEALTH AND WELL BEING

Dear All,

Mental Health over the years has assumed a significant role in the backdrop of changing times that have posed a host of challenges ranging from social, economic, behavioral and more.

School education has recently seen the emergence of the concept of “[Health Promoting School](#)” that lays sufficient emphasis on mental well being of students and facilitate the academic and psychosocial growth of every student.

CBSE has developed a fairly robust ecosystem for psychological support by interaction with the schools, parents and community. The board has initiated a dialogue and created awareness on relevant behavioral and social problems, safety issues and provided solutions through counseling, multimedia sources for education and transformation while putting them out on public domains for wider dissemination and outcomes.

CBSE has recently prepared the first ever manual on Mental Health and Well Being. The manual outlines the role and impact of community, family and schools on a child’s development. It also emphasizes the importance of counsellors and special educators in schools while emphasizing the teachers and caregivers.

A dedicated section on ‘COVID’ and ‘BEYOND’ will help readers in understanding and dealing with the current pandemic.

The CBSE Mental Health and Well Being Manual is currently available at www.cbse.nic.in and at <http://www.cbseacademics.nic.in>

Follow the links below to know more:

<http://cbse.nic.in/newsite/attach/CBSE%20MH%20Manual.pdf>

http://cbseacademic.nic.in/web_material/Manuals/MENTAL_HEALTH_AND_WELLBEING.pdf

Twinkle Yadav

Director
The Avadh School



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