

THE ARDEE NEWSLETTER

Goa Senior School Edition

IMPORTANT DATES IN DECEMBER

**3rd December: St. Francis
Xavier Feast**

**16th December: CSR visit
to the slum area with
gifts for children**

**17th December:
Christmas Celebration**

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Children's Day Celebration held in School

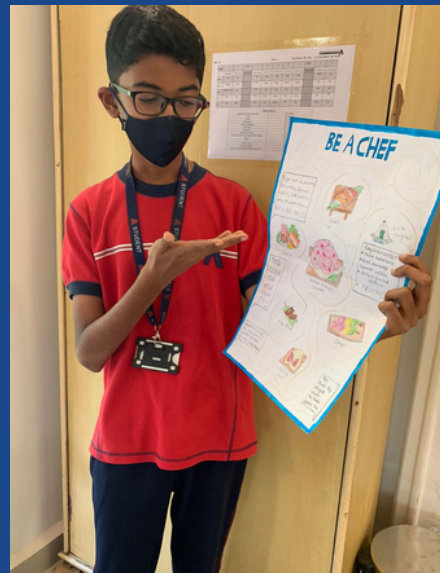
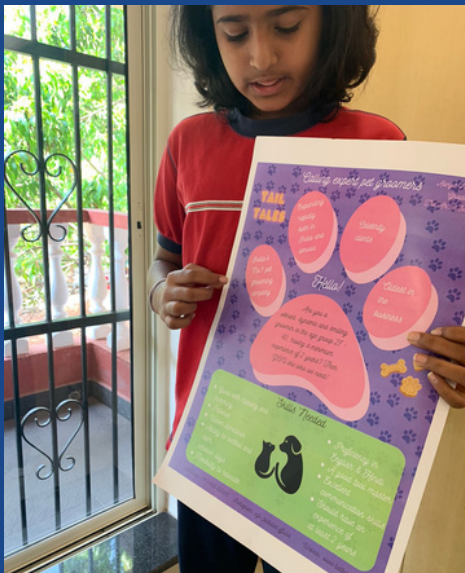


THE ARDEE SCHOOL
BE THE CHANGE

Academics



Hindi - Year 6 students learning types of pronoun.



Year 6 students presenting their posters for Term end assignment for Global perspectives.



Year 7 students presenting their video assignments for the term end Global perspectives assessments.

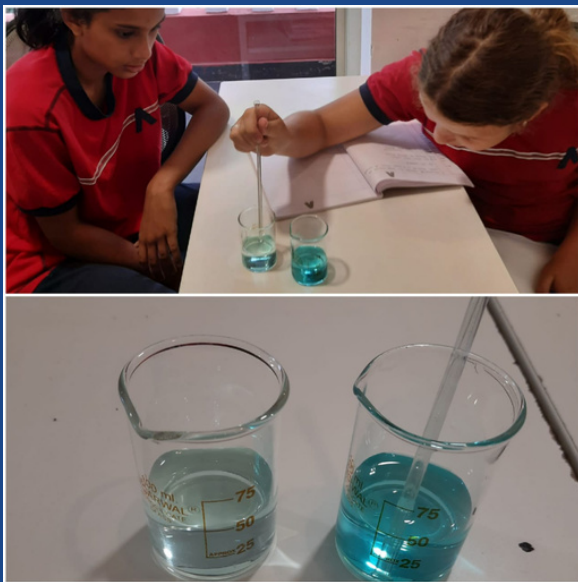
Academics



Year 7 French - students practising their reading skills



Hindi - Year 9 students developing their reading and comprehension skill.



Year 7 learning the concept of Concentration of solutions



Year 6 : Science: Students learnt the concept of types of microorganisms and saw yeast cells and molds under the microscope.



Sports mentor teaching students how to do an over head and under arm pass

Academics



Athletics field events: Javelin throw



Athletics : Relay baton exchange

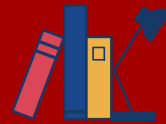


Year 6 Observing physical and chemical properties of substances.



IGCSE ICT students visited the HDFC Bank. The bank manager Mr. Vikas explained the concepts of Net banking and Data Security in details and cleared their doubts with visuals of the bank's website secure layers.

World Studies



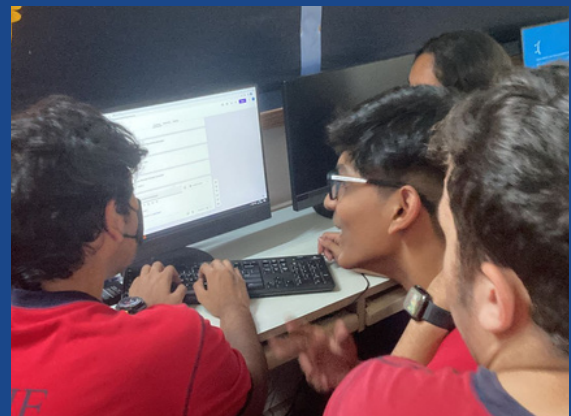
Senior students listening to a presentation on smart city - COPENHAGEN



Senior student, Joshua presenting the Newstime



Students of year 8 busy in soldering practice

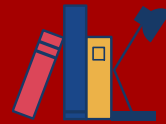


Students creating a google form for feedback for tourists



Year 9 students getting BMP280 sensor value for CubeSat project. 3D designing for CubeSat.





Art and Design field visit as a part of IGCSE and AS level coursework at the Museum of Goa (MOG).



Senior Mentor Meeting



Fire drill assembly- students assembled on the field in an orderly manner (1min 37sec).

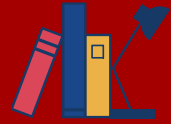


Senior Staff meeting with Ms Vibha



Ms. Vibha addressing year 10 students

World Studies



Vardhan observing and understanding illusion concept.



Mitali observing disabled proportion.



NewsTime, presented by Joshua, with a focus on the FIFA World Cup



A talk on air pollution in Rio de Janeiro.



Year 6 makers : Air quality sensor and testing the air quality. Used agarbarthi to change the air quality



Students discussing smart cities

Activities held in School



PSHE (Personal Social Health Economic Education)



PSHE : Sex Education sessions were held for all students across grades. Ms. Joyce presented details in an informative manner where students were given an opportunity to express themselves. Q&A allowed the students to clear their doubts and have a better understanding



Diwali Donation Drive held at school and the same was handed over to the slum dwellers of Ribandar.

From the Counsellors desk



Child Sexuality Related Education - Teens Part 2

~Joyce Gracias e Fernandes

Why comprehensive sexuality education is important in schools?

Every child should know that they can decide who can touch them. Puberty brings out dramatic physical and mental change to an unprepared child. Sex education should be mandatory in school. Sex education doesn't increase the engagement of a child to sex but actually does the opposite. Here are some reasons to support sex education in school:

Teenagers need to know safer options

Studies have shown that sexually aware students are most likely to say no to unprotected sex. Through sex education, teenagers can be taught the positive and negative sides of sex. They can learn about sexually transmitted disease, teenage unintended pregnancy, and emotional effects of sex. It teaches the students how to reduce the risk by using various methods such as condoms, the pill, and hormonal contraceptives. Teens are alarmed about these things and engage in responsible sexual behaviour.

Teenagers have better understanding values and autonomy over their bodies

Sex education teaches the child not only the basics of puberty, body changes and development but also gives a comprehensive understanding of their bodies and how to say no to unwanted sexual activities.

Sex education instills in young mind to be more respectful towards each other

When a young kid is taught about the changes and how everybody has different struggles in their life, they grow up to be more responsible. They don't make fun of their peers if they are going through some bodily changes or girls having periods. They learn to adapt to the concept and how it is important to be there for each other instead of making fun of each other.

The objective and importance of sex education

The objective of sex education is to help children, teenagers understand the body of men and women and improving their attitudes towards sexual and reproductive health behaviours. Understanding the differences and similarities between the genders will help them to know more about their body and how it changes as they grow up. This mindset will set up a foundation for future development in acquaintance with their friends or lovers. Sex Education sow a seed of responsibility in one's mind towards others as well as oneself. It is about self-acceptance and embracing one's body.

resources: <https://blog.ipleaders.in/need-sex-education-schools/>

Ms. Joyce Gracias e Fernandes is the school counsellor at The Ardee School. She interacts and counsels students from all age groups. Parents are requested to get in touch with her should they want to discuss any behaviour related or parenting concerns .

