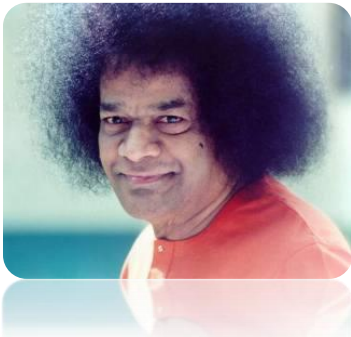




Sathya Sai School

Toronto, Canada

Parent Information Letter # 5 | June 9, 2021



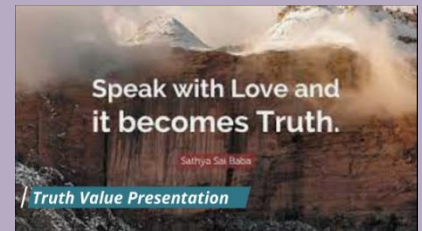
Truth is God. Where is truth? It is all-pervasive. It encompasses the entire creation. That which remains unchanged in the modes of perceived time -- past, present and future -- is Truth.
~Sathya Sai Baba

Report Card Making Day
JUNE 14
SK Graduation
JUNE 18
Grade 8 Graduation
JUNE 25
Last Day of Classes
JUNE 29

Dear Readers, the end of the school year is fast approaching. In the midst of so many struggles at home and worldwide, we are all being challenged to keep a positive attitude. We hope you will be inspired by our students' thinking and creativity, as they express the positive feelings and thoughts that well up within them, from the foundation of the human values that guide them.

Walk for Values: Students Pledge to Transform themselves

07



Family Wellness

03



Public Speaking: Inspired Thinking

25



From the Principal's Desk*Revathi Chennabathni*

Dear Parents and Well-wishers of the Sathya Sai School,
We have come to the end of the 21st school year 2020-2021 at the Sathya Sai School of Toronto- Canada. The launching of the new website on November 23, 2020 was two-fold -to commemorate Sri Sathya Sai Baba's 95th Birthday as well as to mark the school's 21st anniversary.

Pandemic was the backdrop for both above events and it still is. We have come to terms with it by accepting and living with the pandemic as the new norm. During this pandemic we lost a number of loved ones to COVID-19. Life goes on and we moved/ will move on with the flow.

Unlike other schools, at Sathya Sai School, the staff members overcame the challenges and became adept at the Hybrid teaching format (both online and in-person) done by a single teacher. Since March 2020, this format has been mastered by both our staff members and students. Although teaching Science experiments and Math concepts was relatively difficult and took a longer time to teach than expected to complete the curricula, our staff members with their grit and perseverance have pledged to complete all grade curricula on time. Report cards will be issued on Tuesday, June 29, 2021. Please pick up your child(ren)'s materials from the cubbies and drop off text books at the scheduled time specified by your child(ren)'s class teacher.

This year marks the second year of Virtual Graduations at our school. Senior Kindergarten Graduation will be held on Friday, June 18, 2021 from 5:00 pm to 7:00 pm; Grade Eight Graduation will be held on Friday, June 25, 2021 from 6:00 pm to 8:00 pm. Ms. Claudius, Mrs. Jhawar and Mrs. Menon are working with their teams to make these events as successful as last year. We wish all our graduands two successful and seamless events.

The next school year is scheduled to reopen on September 07, 2021. In August, we will be sending a parent survey to consolidate the number of students attending in-person. We hope by then most staff and parents and students 12+ would have had their second dose of vaccination, to build better herd immunity.

Wishing you all a safe, healthy and enjoyable Summer that will allow you to better connect with your loved ones.

Sincerely,
Revathi

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Upcoming Events

Report Card Making Day: June 14

No School.

SK Graduation: June 18

Online @ 5 PM

Father's Day: June 20

Happy Father's Day!

Grade 8 Graduation: June 25

Online @ 6 PM

Last day of classes: June 29

Report Cards sent home.

Last operational day: June 30

Staff only.



Tips to Stay Well during the Pandemic as a Family

by Dr. Monica Shah

Family Night for Grades 5 to 8, April 30, 2021



Photo: centerforanxiety.org

Dr. Monica Shah was the Guest Speaker at the Family Night for Grades 5 to 8, that was held on April 30, 2021. It was the school's first virtual Family Night, which turned out to be very successful.

Dr. Shah is a Post-Doctoral Fellow at

the Center for Anxiety in New York City. The Center provides Cognitive Behavioral treatments for anxiety disorders for people of all ages. She received her doctoral degree in school psychology from St. John's University, and completed a dual clinical internship at CBT/DBT Associates and Academics West. Monica is also an associate fellow at the Albert Ellis Institute.

Dr. Shah began her talk by relaxing everyone through a 'centering with breath awareness' exercise. She struck a softly resonant bell at intervals, asking everyone to listen to the sound of the bell while following their breath.

Her talk was introduced with the fact that 70.2% of children in Ontario experienced declines in mental health during the first wave of the pandemic due to stress from social isolation. The tips she presented are based upon Dialectical Behavioral Therapy by Marsha Linehan.

Ways to stay well, connected, active as a family

- Keep a routine schedule. This helps to keep a sense of control. Include:
 - Breaks
 - Creativity
 - Relaxation exercises
 - Get enough sunlight (at least 30 minutes a day)
- Talk as a family about what will work best.

- Engage in healthy distraction activities for pleasant feelings to stay motivated and happy:

- Watch a movie
- Call someone
- Play a game
- Create an art project
- Listen/play music
- Carry out a science experiment
- Knit



- Contributing: help friends, family – donate, make something for someone.
- Comparisons: create a different emotion than you feel; fill your mind with other things.
- Connecting with your values: acting in line with your values.
- Health and wellness is important: online films, yoga, dance, health and wellness videos.
- Stay active: exercise and activity reduce stress
 - do physical movement every day
 - have device-free time: biking, games, walks, puzzles, at-home dance parties

Limiting use of devices

- Treat like any new freedom
- Practice setting limits; don't use just before bed
- Walk away when you notice unhappy feelings
- Replace with another behaviour (health distractions)



Signs that more support may be needed

- Changes in mood (irritable, hopeless, rage)
- Being shut-in with family – have conversations about this
- Changes in behaviour – aggression, withdrawal / isolation
- Loss of interest in previously enjoyed activities
- Difficulty with sleep – less or more, nightmares



- Changes in appetite, weight, eating habits
- Problems with focus, memory, thinking, concentration
- Less interest in schoolwork
- Extreme changes in appearance – personal hygiene
- Increase in risky behaviour
- Thoughts about death, suicide, self-harm

Language for handling these conversations

- “I’ve noticed _____. I want to check in and see how you’re doing.” Then listen with care.
- Provide validation and support: “What you’re experiencing makes total sense..”
- Provide hope: “You’re not alone in feeling this way and there is help.”

How to help address warning signs of anxiety and depression during the pandemic

- Relax family rules
- Talk with an expert
- Try a web-based program (e.g. Calm, Pacifica)
- Keep communication open, while still giving space.; share your own fears
- Encourage better habits
 - Exercise together
 - Plan a meal and cook together
- Begin the dialogue early

Practice gratitude during this time as a family; focus on what you do have as a family

From the Q & A session:

Q: Children get fatigued and lose focus when online. How does everyone deal with this?

A: Being on a screen all day for school or work days is causing exhaustion and “Zoom fatigue”. You can provide options, e.g.:

- turning the video off
- allowing breaks during the school day
- having intentional activities with movement
- going outside
- changing your work area
- changing your clothes

Where to seek help

Talk to your doctor for a short assessment. Ask your doctor to make referrals for you.

Class Activities

Following the presentation by Dr. Shah, all students and parents entered breakout rooms for their individual class, where they enjoyed various games and activities.

Vote of Thanks

The Parent Council Chair, Mrs. Neha Choksi, delivered the Vote of Thanks. She was happy that the Family Night was very successful. She thanked Dr. Monica Shah for sharing so many helpful tips for family well-being; Dr. Revathi for her opening remarks; Mr. Arun Maharaj for technical support; PC members for coming up with the idea for a virtual family night; and all parents, students, and teachers for their participation.

ITINERARY

5:45 pm - join meeting room
 5:55 pm - Dr. Revathi's Welcome Speech and Introduction to Guest Speaker Dr. Monica Shah
 6:00 pm - Dr. Monica Shah's Speech on Mental Health and the Pandemic
 6:30 pm - Q&A period
 6:40 pm - Vote of Thanks by PC Chair Mrs. Neha Choksi

6:45 pm - Transition to Breakout Rooms
 6:50 pm - Individual Fun Class Activities
 7:30 pm - End of Fun-Filled Virtual Family Night



Health During Covid

by Anusha Smith Medical Herbalist

Family Night for JK to Grade 4, May 14, 2021



Photo: anushaherbalist.com

Anusha Smith was the Guest Speaker at the Family Night for JK to Grade 4, that was held on May 14, 2021. It was the second virtual Family Night and again offered helpful information on "Health During Covid."

Anusha Smith is a qualified Medical Herbalist with a BSc (Hons) in Herbal Medicine from the University of Wales. She trained in the UK for 4

years with the Scottish School of Herbal Medicine and ran a successful practice in Montreal, Canada for 6 years, then on the island of Kauai in Hawaii for 5 years. Since 2018, she has been living and practicing in Southern Ontario and is a member of the Ontario Herbalist Association.

Ms. Smith's presentation was organized around 6 themes:

Fundamentals of Well-Being

1. Nourishment
2. Exercise
3. Elimination
4. Relaxation
5. Sleep
6. Connection

1. Nourishment

- Farm fresh local organic foods
- Clean water – invest in a good water filtration system
- Clean air – walk in a forest or park regularly for oxygen-rich air

Food quality

- From supermarket, farm, your garden?

- How is it grown?
 - Organically, biodynamically, industrially, chemically
- Who grows it?
 - You, farmer, investment broker, scientist
- How long after harvest do I consume it?
 - Bananas are picked very green weeks before and sprayed with ethylene
 - Eaten immediately, a few hours, days, weeks, months
 - What is its energetic quality

2. Exercise

- "Walking is man's best medicine." – Hippocrates
 - Neighbourhood, conservation area
 - Children thrive in forests – they are meditative, our brain waves slow down to a frequency similar to the frequency of the earth
- Yoga
 - Slows down our breath
 - Slows down our stress levels
 - Exercise where your breathing is controlled – engages the parasympathetic nervous system
 - Qi Gong – works with the breath; deliberate geometric movements to draw in energy
- Running, jogging
- Gardening
- Dancing

3. Elimination

- Organs of elimination: liver, kidneys, colon, lungs, skin
- Eliminate:
 - Metabolic wastes
 - Environmental toxins
 - Pharmaceutical and recreational wastes
- Elimination through stools, urine, sweating, breathing



4. Relaxation

- Meditation
- Breathing / Pranayama
- How to overcome fears – mind over matter
- Grounding – to connect and recalibrate our electromagnetic frequency
 - Walking barefoot on the ground: in your backyard, on grass, on the earth
 - Earth's magnetic field is 7.83 Hz, which is similar to our Theta brain waves when in meditation
 - Our ancestors walked barefoot; now we wear shoes with thick soles
 - Barefoot shoes are being marketed now that mould children's feet to the ground
 - The heart chakra colour is green, a very calming and soothing colour. The vibration of green is expansion, kindness, compassion, love
 - Our plants are different shades of green, which create harmony and balance
- Herbs
 - Rose
 - ◆ heart medicine that engenders love
 - ◆ Uplifting, comforting, strengthening
 - Make Rose tea
 - ◆ Good in times of grief, nervousness
 - ◆ Drink it every hour
 - ◆ Anti-inflammatory, antitussive, antimicrobial; eyewash made with fresh rose petals is good for inflamed eyes
 - ◆ Opens up the bronchi and lungs so you can breathe better
 - Rose hips
 - ◆ Full of Vitamin C – eat the outside only
 - German Chamomile
 - ◆ Calming, soothing, gentle laxative – do not use if you have an allergy to the Daisy (Aster) family
 - ◆ Good for children with stomach ache – use with a drop of honey
 - ◆ Antispasmodic – good for post-digestion with mint, fennel
 - Lemon Balm
 - ◆ Very safe – is calming, uplifting
 - ◆ Specific for nervous digestion
 - ◆ Anti-inflammatory, reduces anxiety

- ◆ Safe for children and during pregnancy
- Safe herb for general health & immunity is Chamomile – can give at any age
- Best house plant for study room to relax & concentrate:
spider plant, jade



Photo: en.wikipedia.org

5. Sleep

- Quality: meditate and ground yourself
- Duration: consistent, uninterrupted
- Frequency: what is causing your interruptions

6. Connection

- Self
 - With ourselves
 - How do I connect with family, children
- Earth – connect with Earth
- Love ones – send lots of love

Real medicine should embrace body, soul, and spirit

Vote of Thanks

Thanks were given to Dr. Revathi for opening up the Family Night; to Mr. Arun Maharaj for the flawless virtual IT execution; to the teachers who attended for making the evening feel complete; to the PC reps and parents to be together and bringing positivity to our lives.

ITINERARY

5:00 pm - parents can start logging in

5:10 pm - Dr. Revathi's Welcome Speech and Introduction to Guest Speaker Ms. Anusha Smith

5:15 pm - Ms. Anusha Smith's Speech on physical health

5:45 pm - Q&A period

5:55 pm - Vote of Thanks by PC Chair Mrs. Neha Choksi

6:00 pm - Transition to Breakout Rooms

6:05 pm - Individual Fun Class Activities

7:15 pm - End of Fun-Filled Virtual Family Night



Walk for Values 2021: School Activities: Pledging to Transform Oneself

The public 2021 Walk for Values was cancelled again this year, in order to abide by the government regulations prohibiting large gatherings due to the pandemic.

However, Sathya Sai School was abuzz with online class activities and some outdoor activities. To launch the Walk for Values, the Grade 7 students put together a video, to be shown to all classes.

As was done in all previous years before the Walk, teachers asked their students to pledge a value that they will practice for the coming year. Students spent time in self-reflection to determine which value or sub-value they will pledge, in order to strengthen that aspect of themselves to become an even better human being. The students expressed themselves in writing, artwork, posters, videos and neighbourhood awareness. Some of their work is published here to inspire you with their sincerity and value-filled creativity.

Grade 7 Video

Mr. Sam Nankivell, Grade 7 teacher writes:

“The Walk for Values video was created by the Grade 7s, who did a wonderful job writing it and acting in it. It presents a basic skit [on bullying and forgiveness]. It frames all of the Human Values as a narrative and then goes on to explain the history, meaning and symbolism of the Walk for Values. The teachers could use it as a jumping off point for activities.”

The Walk for Values started at the Sathya Sai School in Toronto in 2003. It has since grown in cities Canada-wide and internationally. It's purpose has been to spread awareness of the human values to all people. The symbolism of the logo is significant: The five toes represent the five universal human values of Love, Peace, Truth, Right Conduct, and Non-Violence. Shaped as a heart, the sole of the foot symbolizes Love, the undercurrent of all values and the core of every being. The heel of the foot, drawn as a teardrop is symbolic of the compassion and sacrifice that moves every human heart to serve and reach out to fellow beings and nature. In this way, every step we take expresses the five human values and sub-values.

The meaning and purpose of the Walk for Values was well expressed in the video:

“The five human values are important because they bring us together and bring out the best in us. We walk because we care. We care about the children in our

community, in our nation and in our world. Each one of them deserves a world in which they can grow up in peace and where they are loved for who they are. Such a world is not a fantasy. All it requires is for each of us to remember the five human values.”

Pick a Value...

Pledge to improve it...

And have a wonderful Walk for Values,

Even if you aren't walking.

The Walk for Values will not be happening this year...

But that doesn't matter...

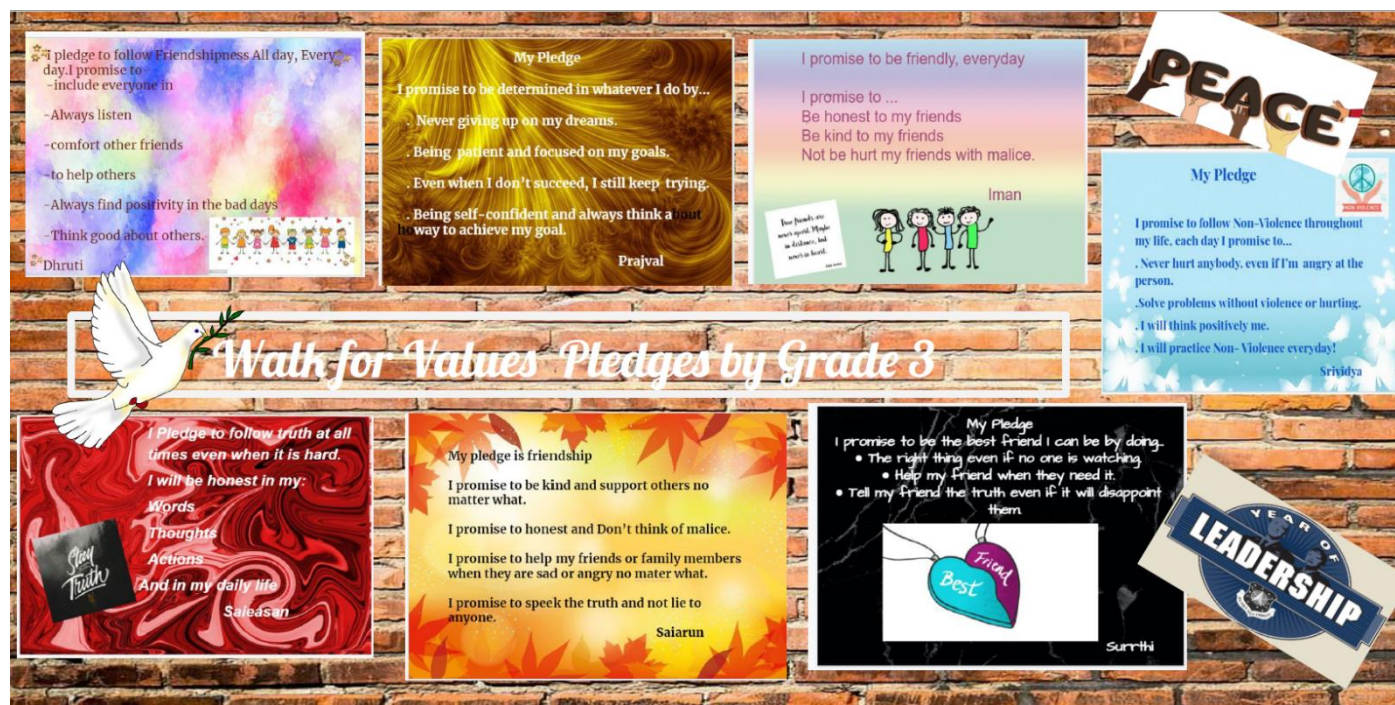
We're never gonna give it up!

Sincerely,

Grade 7, Sathya Sai School of Toronto – Canada



Grade 3 Pledge Posters



My Pledge

- I promise to be kind
- I promise when someone is hurt I will help them
 - I promise to be kind in my words, thinking and actions
 - I promise I will practice kindness every single day

Yashvee

My Pledge

**Truth wins
Alone**

I promise to follow truth every day in my life .

I promise to :

Be truthful in my words, thoughts and actions.

Think positively about others and me.

Say the truth even though I get in trouble.

Be confident to tell my thoughts and feelings even though I am wrong .

Schaj Bedi

Friendship

I promise to follow friendship all the time

- I will make friends not for someone else but for myself and because I want to.
- I will make friends with the lonely ones so they are not lonely anymore
- I will also spend time with all my friends so that all my friends including me will be happy.



Rajpreet

My pledge

I promise to follow the value, Right - Conduct everyday.

- I will help others, and show them what to do.
- I will be responsible, and have respect, responsibility, and have courage.
- Finally, I will show Right - Conduct to everyone, so they can learn too!

Aarav Bhardwaj

My pledge

I promise to follow this great value called love by.....

Helping people who are in need and who are hurt .

.Thinking positive thoughts and speaking encouraging words .

.Listening to teachers and respecting elders .

Ananya



I promise to follow the value of peace by ...

Being focused: to concentrate on the important things in life.

Being calm: to stay patient and to be peaceful.

Having love in thought: thinking good of others.

Nillaxica



My Pledge

I promise to follow love in all the things I do throughout the day.

I promise to be loving even when I get angry.

I promise to be loving with my words and actions.

I promise to be loving and kind to all my friends and family and take care of them.

Arya

Family forever



Non-Violence

My Pledge:

- I promise to not harm anyone in my thoughts, words, and actions.
- I also promise to be positive and have good thoughts about everyone, even my enemies.
- Lastly, I promise to follow this value today and everyday!

-Anjali Kibedi (Grade 3)

123FreeVectors.com

✿ I pledge to follow Friendshipness All day, Every day. I promise to -

-include everyone in

-Always listen

-comfort other friends

-to help others

-Always find positivity in the bad days

-Think good about others.

✿ Dhruti



My Pledge

I promise to be determined in whatever I do by...

- . Never giving up on my dreams.
- . Being patient and focused on my goals.
- . Even when I don't succeed, I still keep trying.
- . Being self-confident and always think about how to achieve my goal.

Prajval

I promise to be friendly, everyday

I promise to ...

Be honest to my friends

Be kind to my friends

Not be hurt my friends with malice.

Iman

True friends are never apart. Maybe in distance, but never in heart.

Daily Quotes



My Pledge

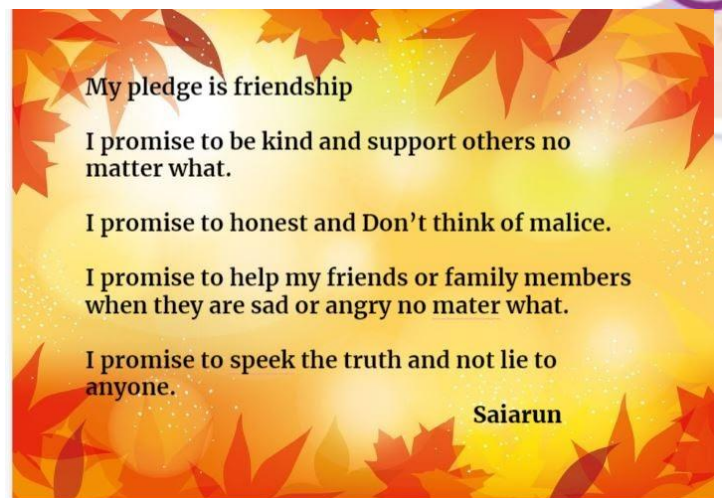
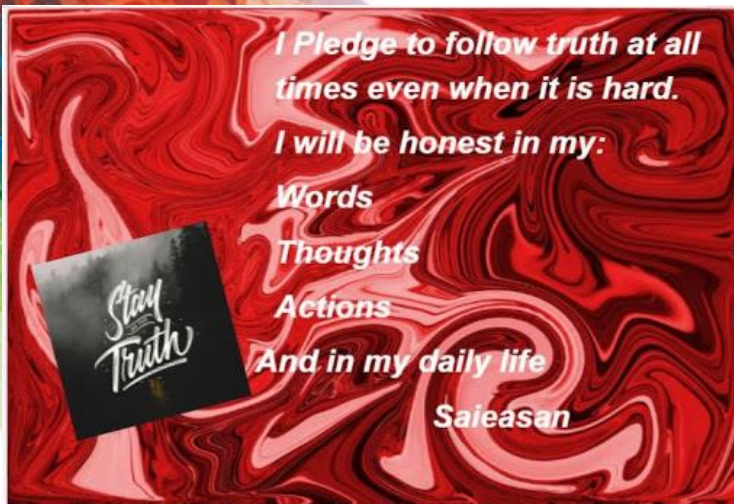


I promise to follow Non-Violence throughout my life, each day I promise to...

- . Never hurt anybody, even if I'm angry at the person.
- . Solve problems without violence or hurting.
- . I will think positively me.
- . I will practice Non-Violence everyday!

Sriyidya





Grade 3 and Grade 1 students Walked in their neighbourhood.



Grade 3 students made posters and Walked in their neighbourhood with parents.



Grade 4 Pledges

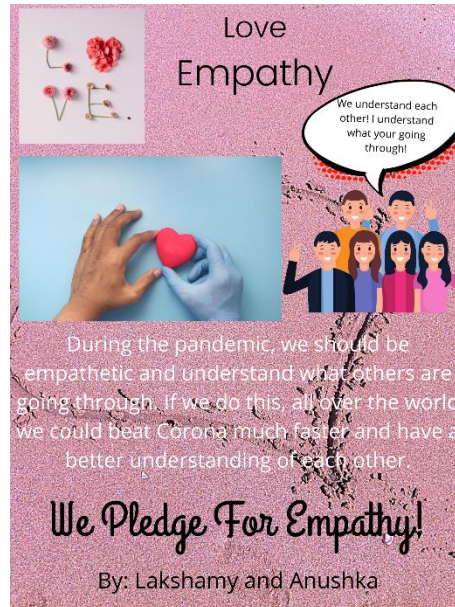
by Mrs. Foram Vora, Grade 4 Teacher

Walk for Values- Students creatively expressed what value they are walking for and elaborated on the reasons using text and illustrations on construction paper. They also reflected on the values they need to work on as individuals themselves and pledged for the same. They demonstrated their work using a web tool called Canva and made posters on the same.

Happiness

We pledge to
show happiness
because during
isolation it's
better to stay
happy in middle
of hard times
like this.

By Arav and Gayatri



Love
Empathy

We understand each other! I understand what your going through!

During the pandemic, we should be empathetic and understand what others are going through. If we do this, all over the world we could beat Corona much faster and have a better understanding of each other.

We Pledge For Empathy!

By: Lakshamy and Anushka

Peace

Self-control

I pledge to control myself when I am angry or disappointed.

Nirvan

I pledge to control myself in in the Covid - 19 lockdown

Khush



Peace Calmness

We pledge for the value Peace and the subvalue calmness because without peace we cannot have a sustainable life on earth.

-By Shreya and Sharun



How We can Pledge.....

Shreya-I can pledge by being in harmony with all living things.

Sharun- I can pledge by staying calm in difficult situation .

-By Shreya and Sharun



My name is Shivam
and I'm walking for
PEACE



Im walking for peace because the world needs more peace. The wars need to stop. People need to spread love.

I'm also walking for Peace to help myself stay calm and think of positive thoughts

Love All Serve All ! That's what Baba says.

Gratitude

Our pledge is about
Gratitude because we
believe even the slightest
amount of help deserves
gratitude.

-Aadavan and Cavin

CALMNESS



We pledge for
CALMNESS
because if we
were not Calm,
everyone will go
Berserk

Viswaa and
Shiriraam

Trust

Trustworthy

Our pledge is to
become Trustworthy
because people try to
be honest and bring
trust but some lie and
blame on others but
we all need to earn
trust. We need to
practice honesty and
bring in trust of my
teachers our parents
and friends.

-By Ahan and
Sharwin



Right conduct

Confidence

My pledge is
confidence
because people
need to stand
up for their
rights instead
of just sitting
there and that's
called bravery
and confidence
- Ahan and
Sharwin

LAWS CONTROL
THE LESSER MAN...
RIGHT CONDUCT
CONTROLS THE
GREATER ONE.

TRUTH

WE PLEDGE TO ALWAYS HAVE
HAVE CREATIVITY AND MAKE
OUR LIVES FILLED WITH
IMAGINATION AND MAGIC OR
THEY WOULD ALWAYS BE A BORE
WITH CREATIVITY WE CAN CHANGE
THE WORLD TO POSITIVITY AND
PUT A SMILE ON LOTS OF FACES.
YOU HELP PUT AN ARTISTIC
STYLE INTO LIFE



By Simranne and lilakrushna

Joy And happiness -By Tiana and Akarsh

I pledge for joy in the world and to have happiness. The world will be a better place if there is only joy and happiness instead of negativity and sadness. Without joy there is no meaning of life. Joy is when you are with someone and enjoying what you love most of all.



Walking for PEACE Happiness

I pledge to walk for peace
and spread happiness to
all I come across. One
humanity, The humanity
of love.



Shivam- Grade 4

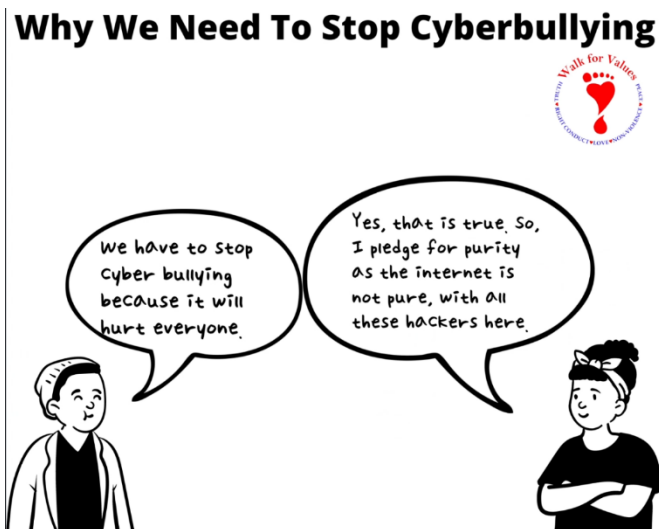
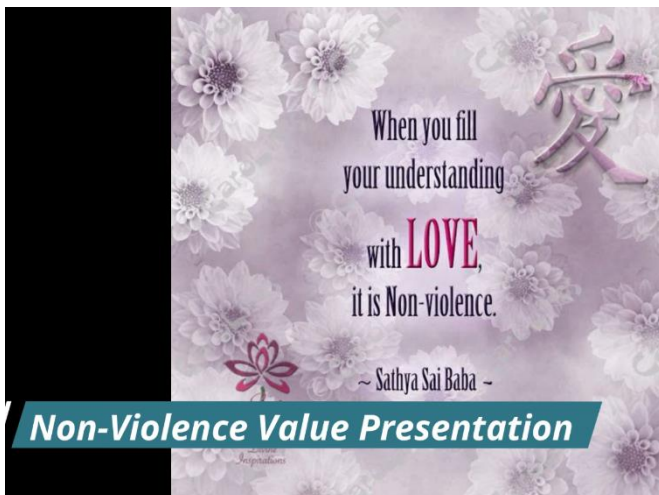


VISIT WWW.REALLYGREATSITE.COM



Grade 5 Video

The following are clips representing the Five Human Values that were taken from the Grade 5 student video. The school is working on a portal where videos will be available for viewing in the future.



**Ethics is knowing the difference
between what you have a right to
do and what is right to do.**

Potter Stewart

/ Right Conduct Value Presentation

BrainyQuote

WE PLEDGE TO HAVE THE COURAGE THROUGH **RIGHT CONDUCT** TO DO, HAVE AND BE:

Climb the stairs of life
Overcome life's obstacles
Understand and carry on
Represent the radiant light
Always have love in our hearts
Get up no matter how many times we fall
Enthusiasm through the challenges

FOREVER

I pledge to follow courage because I want to be courageous and stand up for people when they are in need.

BY: DIVYA TANEJA



Ishani.P

Cleanliness



Right



Conduct

During the pandemic, I have learned that we need to be clean all the time no matter what.

**I pledge for Cleanliness
forever!!**



**BY:
ABISHA**



**Compassion is contagious.
When we choose compassion, we move towards a better world.**

I pledge to always be compassionate.

Right Conduct



I pledge to follow goals because everyone has the right to do what they wish.

Goals should be true, and not simply high. In order for that, you must always try. Work for your goals.

**Work as hard as you can
To stay focused, you need a plan.**

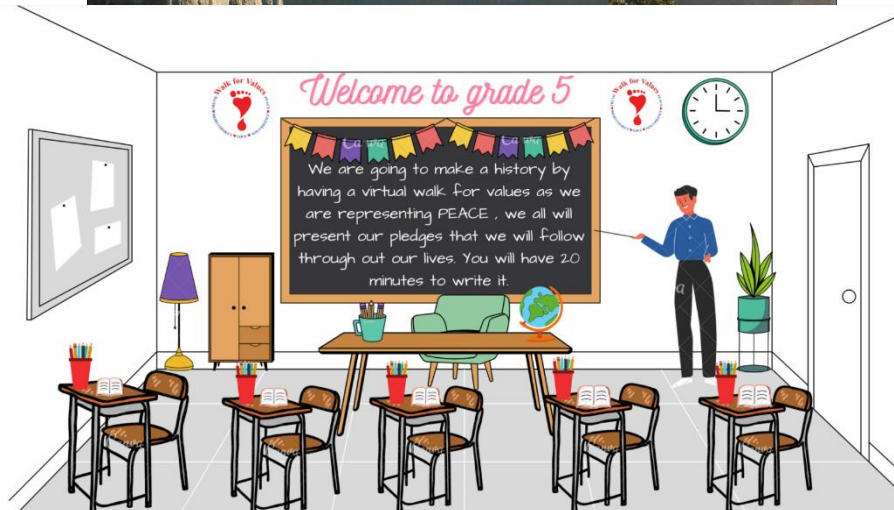
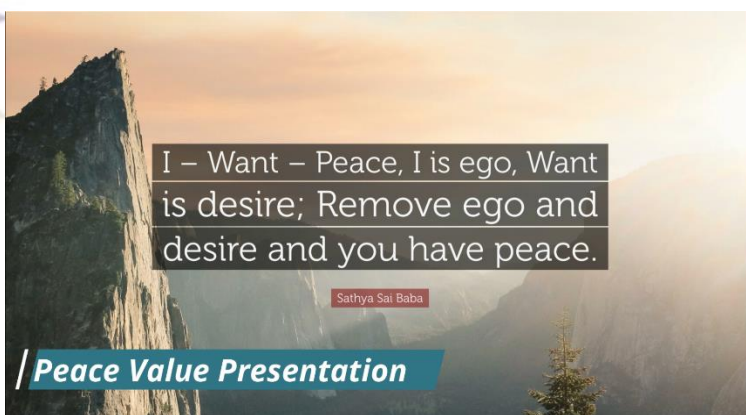


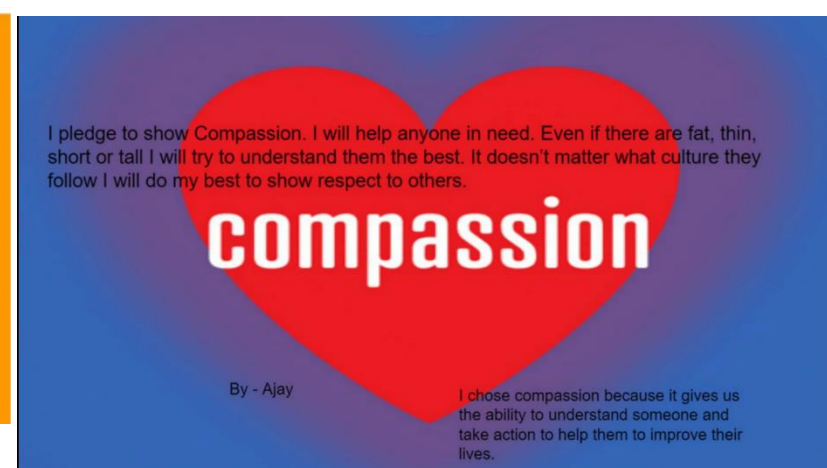
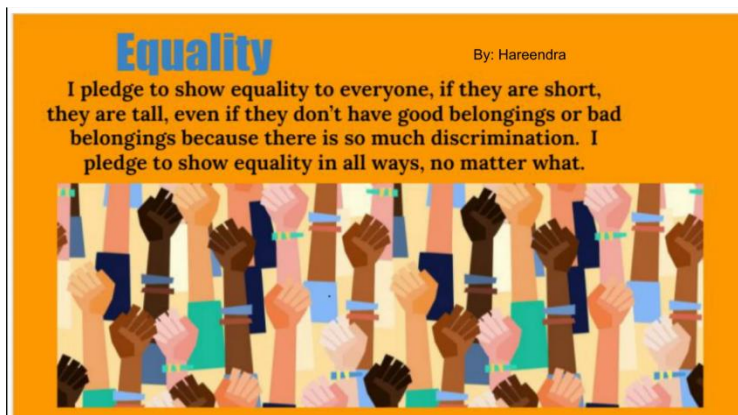
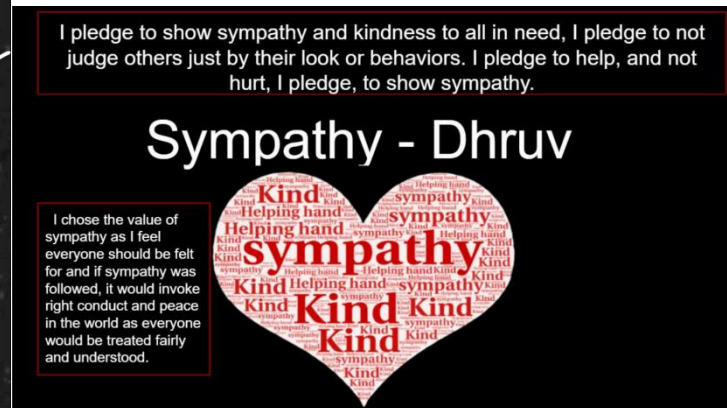
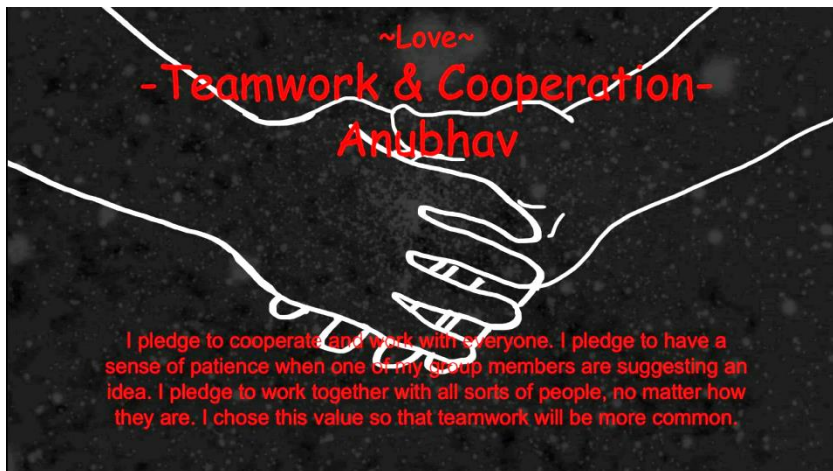
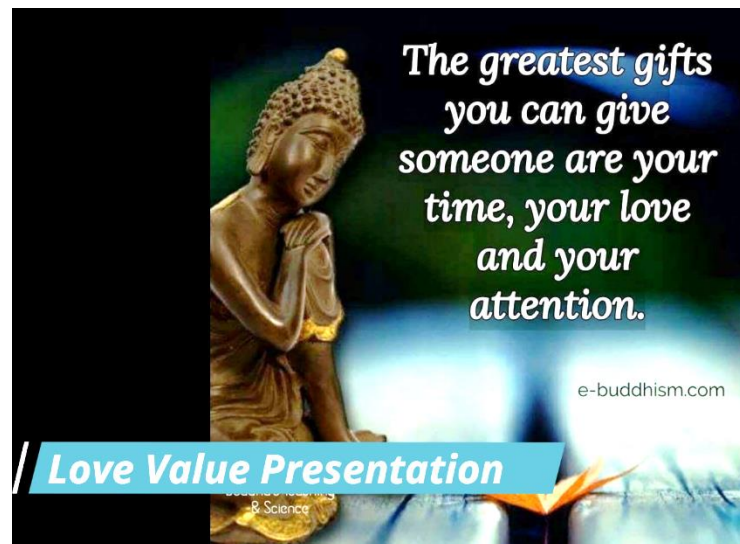
Trupti. L



GOALS







Speak with Love and
it becomes Truth.

Sathya Sai Baba

Truth Value Presentation

Wisdom-Avik.S

wisdom
I pledge to show wisdom by being wise, smart, have strong spirits, be very healthy and always logical. I will also show that we have to be wise to our environments and surroundings, Wisdom should always be 1 human being. I am pledging to show Wisdom because it is an important skill in a man's life.

Truth; one of the most Important human values

I pledge to always tell the truth to everyone and not lie no matter what.



Truth

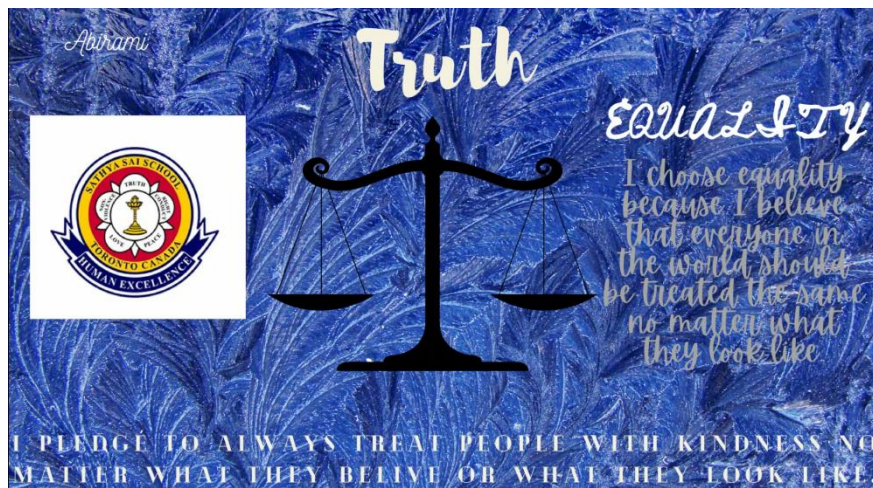
- Miraya



I will tell lies to stay a good boy.



I PLEDGE TO BE HONEST
AND STATE THE FACTS



Sathya Sai School of Canada
www.sathyasaischool.ca

JK Pledges & Drawings

By Ms. Debra Gabiana, JK Teacher

It was challenging to elicit answers from the JK students and have them create a pledge.

As we were moving forward with our weekly sub-values and visiting daily with our social and emotional state, I finally unlocked their ideas of choosing a value to improve themselves.

The students previously learned about community helpers which I renamed for them as community heroes. I used these provocations to explain and extract their ideas.

1. Our community heroes have their own strengths and goodness in actions and the heart to help people in the community.

2. If you were to be a superhero, how do you look (Draw yourself as a superhero with costume and / or mask) and what would be your name?

3. If you were to have a superpower to better yourself and make challenging people become good and practice universal values, what would it be?

4. How do you show your values as a superhero?

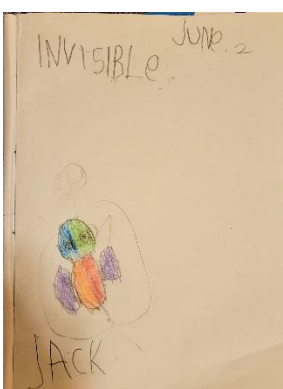
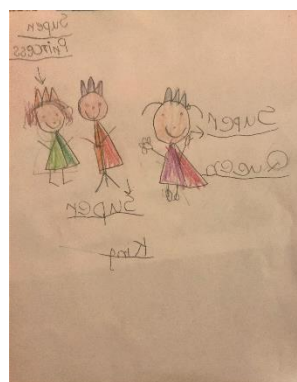
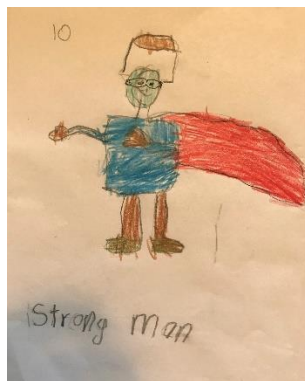
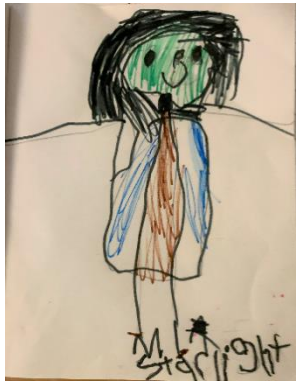
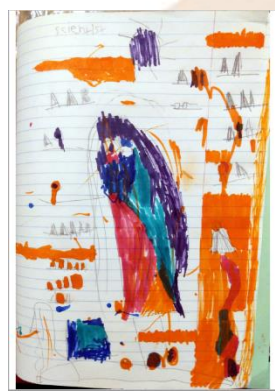
Guided with these questions, they understood the task and I was able to clearly gather beautiful ideas from them. Here are some of their thoughts and drawings.

Values Pledge			
Name of Student	Name of Superhero	Power	Values
1. <u>Nivaya</u>	Absent	Absent	Absent
2. <u>Bavan</u>	Chase	Rescues children from the future. Loves the world.	Love
3. <u>Pragathee</u>	Rainbow Girl	Creates rainbows and unicorn to make children happy	Happiness
4. <u>Aradhya</u>	Ice Girl	Gives ice cream to the people. It makes people happy and cheerful.	Happiness and Cheerfulness
5. Neal	Fire	Fire. The fire could turn or make more good people.	Spread kindness
6. Krishna	Super Potato	Makes French Fries	Feed the Hungry
7. Harish	Speedy	He travels fast. Give peace to all children in the world. So, they can talk, read, play and learn.	Peace and opportunity
8. Anaya	Scientist with Cupcake as a Helper	She can make magic to give you anything you need. A buddy when lonely. Water when thirsty, food when hungry and energy	Compassion
9. Mia	Mia Starlight	Helps people to perform well like jumping, dancing, and especially learning.	Concentration
10. Jeremy	Strong Man	Protects kids from stranger.	Right Conduct
11. Alisha	Laura	Laura helps by Caring and showing compassion	Love, Caring, Compassion



12. Diya	Diya Saver with Carrot Cake as Helper	She has magic to get rid of Coronavirus so people will not have flu.	Caring
13. Samanyu	Guee	He has the power to clean the garbage of the world	Cleanliness
14. Siya	Princess	Friends to everyone	Friendship
15. Ariyan	Ja	Electric. He provides you energy and power.	Sustainability
16. Aanya	Super Queen, King and Princess	Chase bad people. Help them to be good	Show Non-violence
17. Aavya	Sparkle	She flies to give a sparkle of love, especially kindness and peace	Love, Kindness and Peace
18. Shayne	Rainbow Man	He makes rainbow to make people happy.	Happiness
19. Sai Pranav	Hinja	He brings living things like people, animals and plants out of fire.	Concern for All Life
20. Sridevi	Raya Princess	Friendly to everyone and prevent people from being sick.	Friendship and Helpful
21. Kavish	Superstar	He can fly to give goodness to people.	Kindness and Peace
22. Mithilan	Jack	Jack has the power to be invisible.	Serves all People
23. Anique	Anique Superhero	She helps people when they are sad.	Happiness
24. Karthikeya	Karthikeya Power	He saves people from monsters, scary animals. Show people how to be brave and courageous	Courageous





Grade 8 Pledges

Talk for Values

My pledge is for Right Conduct

Right conduct is being able to apply good decision-making skills in order to choose right from wrong. Right conduct also goes in accordance with standards of ethics, morals, and righteousness. My pledge also goes hand in hand with stewardship. Stewardship is "the conducting, or supervising, of something; especially the careful and responsible management of something entrusted to one's care. The Earth is given to us in order for us to take care of it properly. These values can be practiced in daily life through simple ways. Conserving water, choosing a more environmentally friendly way of transport, shopping wisely, and recycling responsibly are some of the methods. One way I exhaust my care for the Earth is by choosing to be a vegetarian. Through these simple acts Earth's resources and its occupants are preserved. I believe that Earth is not just a large piece of geography, rather it is a home, shelter, and a guardian for its inhabitants. This concept also encloses the lives of animals and humans. If we are able to guide our moral compass, we are furthering the benefits for all.

~ **Abhinna Thapa**

Love for Nature- Plant for Values

Walk for Values is a great tradition that encourages people to show how determined they are to instill values into their life. As we are unable to walk together this year, the initiative I came up with is called "Plant for Values." My pledge is to follow and show love in everything I do, starting with showing love for nature. I will do so by reducing my food waste, gardening more often, starting composting, and cleaning up litter. That is critical for us to follow since the thing that has brought us here and showed love since day 1, is nature, and we should do the same. Climate change and pollution have taken a toll on our Earth, and we should do our best to protect the environment that provides us with so much.

~ **Inaya Ghazi**

Sing for Values

My Speech/Pledge:

As quoted by Nelson Mandela, the Noble Peace Prize recipient, "It is music and dance that make me at peace with the world." Likewise, I am at Peace when I am immersed in music. I am in harmony with myself and others when I am at Peace. During this phase of unrest, I pledge to do my part, each day, to create Peace around me wherever I am.

The Song I Played:

I chose the song 'The Entertainer' by Scott Joplin, to represent music as entertainment that creates happiness and peace in oneself. Also, I personally find this music lively and makes the mood light and peaceful.

~ **Pranaya Shanmugam**

My pledge for values

I pledge to 'recycle, reuse and reduce' for the values. My pledge relates to the value of love and its sub values as well. By taking this pledge and following through with it I show love to mother earth by caring for her as she has cared for all of us. I show love to nature, to the animals that share this earth with us and call it home, to the plants that grow beautiful flowers and shelter many, to the food that grows to feed us. I show love by caring for those around me, by showing kindness to the ground we walk upon, the air we breathe and the sky that covers us. I use the warmth in my heart and project it into the world one recyclable item at a time. By recycling I show kindness to all those who cannot object when our actions harm them. I take this pledge and swear to follow through with it. I walk for the value of love and I pledge to recycle, reuse and reduce for the values.

~ **Pia Choksi**



Positivity

For this special Walk for Values I would like to reflect back on this rough and turbulent pandemic we have and are enduring. With this said, I would like to take a pledge of positivity. Positivity is an attitude where you stay optimistic in difficult and everyday situations. You trust in faith and also understand that everything happens for a purpose and you have to stay positive to get through hardships. During COVID, it has been essential to stay positive and not cave in to any negative feelings. To understand this we should go back to see how it all played out...

On December 31, 2019 it was declared that there was an outbreak of a disease going by the name "coronavirus". Though it seemed to be such a small and trivial matter, little did we know the outcome it would have. We all pondered about how the new decade was going to be so much better than 2019. But in just one night everything changes.

"Does it ever drive you crazy... just how fast the night changes.... Everything that you've ever dreamed of... disappearing when you wake up... but there's nothing to be afraid of... even when the night changes."

Months passed by without much change to life... that was until we went on March Break which was eventually extended... and extended... and extended. And every single student was soooooo happy that school was cancelled for a while and the break was prolonged for more time.

"Ooh, Ooh... This is gonna be the best break of my life. My li-i-i-i-fe"

BUTTTTTT, days went by, weeks passed, months flew, school abruptly came to an end. Meeting family and friends was practically impossible, fear started to overwhelm us and everyone was praying for a chance to explore the world like we used to. In fact students MISSED going to school and all they wanted to do then was to fly to the moon.

"Fly me to the moon, Let me play among the stars, Let me see what spring is like on Jupiter and Mars"

And as months passed and a new school year began the situation was not looking bright at all. To be fair, it was extremely difficult to stay positive during COVID but it is really simple to become positive for COVID. With social

interactions being cut as a whole, it really made you think about life. Though it seemed odd, staying away from your friends and family was probably the best act of kindness during COVID. Though it wasn't a crime to stay apart from those you love, it sure did feel like one,

"I think we could do it if we tried If only to say you're mine... Friends and Family know that you and I. Shouldn't feel like a crime."

As months and months passed people started to make conclusions that THIS was going to be our daily life from now on. Numerous countries were on the run to develop a vaccine so that we could put an end to this situation. Many organizations and the government reassured us that good will come out of this.

"Don't worry, be happy. In every life we have some trouble, but when you worry you make it double, don't worry... just be happy"

If you think about it, most of the past diseases and deadly outbreaks all took years to find a vaccine. But we stayed positive and in under a year, vaccines were discovered. Which means eventually It might be over.

"It means no worries, For the rest of your days It's our problem-free philosophy. Hakuna Matata"

Now months later, with more and more people getting vaccinated with some even getting their second doses, COVID cases have reduced worldwide. Countries that were doing absolutely terrible saw a large decline in cases and most importantly COVID-related deaths. Now we look forward for the Good Days but that doesn't mean COVID is over.

"Good day in my mind, safe to take a step out Get some air now, let your edge out Too soon, I spoke you be heavy in my mind, Can you get the heck out."

And now after a long time... we should start looking forward for a brighter year and trust that all this COVID stuff would just be a small paragraph in our history textbooks. The key to this was just positivity... by staying positive and looking forward to the bright things in life... can really get us very far. Therefore, for this walk for values, I will take the pledge of positivity and I am positive that we together can get over this. Thank you!

~ *Sincerely, Aathitiya*



Art for Values

This picture is one that holds deep sentimentality for me. The picture represents how we should help others who are at the bottom, and how we should build on our mistakes to reach the top. The eerie silhouette of the hill and the ghostly light of the overarching mandala represents our mistakes and the things we would rather not remember. The man helping the woman climb up the hill represents how we should help the ones less fortunate and capable than us. You'll notice that the higher you climb, the more mistakes you will make, thus signifying that you must perform more risks in order to become successful. The mandala is there to show beauty and awe as you climb higher and higher. This is connected to my pledge about love. Specifically love for others, like our close friends and family when they are in a tough spot. I hope everyone learns something from this picture that I drew. Thank you for reading!

~ Aadhya Anand



Public Speaking: Inspired Thinking

Printed here are the speeches delivered by the winners (from grades 1 to 6) of the Public Speaking Competition that was held on Friday, April 30, 2021. The students were speaking online from their homes and did not have the benefit of a live audience to engage with. Despite the virtual nature of the speech, they were able to deliver their message with confidence, voice modulation, and appropriate gestures to engage the audience. The speeches are marked according to many criteria, most of which are based upon the speaker's ability to effectively convey their message, rather than upon only the content of the speech.

The teachers congratulate all students in grades 1 to 6 who worked hard to prepare, memorize and practice their speeches. The competition provided all students with the opportunity to gain public speaking skills, which will be of great advantage in many situations in their life.

The grade 7 and 8 students had only 30 minutes to prepare an Extempore speech, after selecting a topic from a hat.

GRADES 1 & 2

GOLD AWARD

Anandi Sai Cheekoori, Grade 1

"The Shark"

Good morning Dr. Revathi, Mrs. Sharanigan and all my dear friends.

My topic today is very exciting! It's about my favourite marine animal, the SHARK!

The first time that I saw a real live shark was at the aquarium in Toronto. I was so mesmerized by the gigantic shark that it made all the other fish look tiny by comparison.

So firstly, let me tell you where sharks come from. Sharks have been on the earth for more than 23 million years. They were here even before the dinosaurs.

One of my favorite pre-historic sharks is the Megladon. The name Megladon, means big tooth. A Megladon's tooth was as big as my head! Wow! They lived in the deepest, darkest part of the oceans.

Have you ever seen the bones of a pre-historic shark in a museum? No? well, the reason is that sharks have no bones, except for their teeth! They are made of cartilage, like our ears. This makes them soft and flexible.

So secondly, where do today's shark's come from? Well, evolution happened and as the environment changed, the sharks became smaller. Evolutions means to slowly change over time.

There are more than 450 types of sharks. Countries like Australia and South Africa have the most sharks in

their waters. This is because of the temperature and ocean currents. So, it might not be a great idea to go swimming in Australia. If you do, just be very careful.

Now thirdly. What do sharks eat? Many people don't realize that sharks eat mainly sick, old fish. They also eat diseased fish, but these diseases don't affect the shark's health. This helps the ocean remain clean. It also helps the ocean to have less diseases. So, sharks act like the garbage trucks of the ocean.

Unfortunately, sharks have been disappearing from the major oceans of the world and some are even endangered! This is occurring because of over fishing and shark hunting. The fins, teeth and skin of the shark are very valuable. People use them to make medicines, special foods and for fashion.

Do you think treating the magnificent shark in this way is good? I don't think so either. So how can we help the sharks?

The answer to all problems lies in the 5 human values; Truth, Love, Right Conduct, Peace and Nonviolence.

If we practice Right Conduct, then we satisfy our needs and not our wants. We should not use any goods that are made of animals, and especially made of sharks.

Think of this my friends. If all the sharks in the oceans disappear, then life in the oceans can stop existing and affect the whole planet. But if people disappeared, the earth would be much healthier.

So be like a shark and let's help the environment that we live in.

Lastly and in conclusion, let us always remember the words of our Founder Sri Sathya Sai Baba. He said, "Help Ever and Hurt Never." Together we can all make a difference.

Thank you for listening to my presentation.



SILVER AWARD**Anjalica Neethan, Grade 1*****"Together we will bounce back"***

Aren't you really tired of staying home for over a year? Don't you really want to go on a vacation with your family? Don't you really want to hug one of your friends who you have not seen in a long time?

Good morning Dr. Revathi, Ms. Sharingan and my friends. My name is Anjalica and today I am going to talk about how we can defeat the Corona virus.

Corona virus has affected our lives in so many ways. We have been studying online for over a year: we did not get to see our friends and relatives, we did not even get to celebrate our birthdays with our friends. We can put an end to coronavirus if we all come together. Yes, you heard it correctly. The only way to stop this deadly virus is through unity.

If we all stay at home and follow the rules, then we can put an end to these sad times.

This virus does not care about our differences; this virus could care less whether we are black or white, whether we are Christian or Hindu. This virus is attacking all of mankind. Therefore, we should all be united as we fight back. Oh at this moment I remember a quote from P. Syrus "When there is unity, there is always victory."

The Corona virus has made us stronger. The Corona virus has shown all the great people around us such as doctors, nurses and teachers like you Ms. Sharingan. You all have been our super heroes.

Now it is our time to be united and fight back. When we fight back, we will definitely bounce back. Bouncing back is not new to us. We have bounced back after the black plague, we have bounced back after slavery and we have bounced back after SARS.

I have no doubt that we will bounce back. We will come back stronger, bolder and better than we did before.

Let me finish my speech by saying:

Let our hope be contagious!
Let our love be contagious!
Let our unity be contagious!
But not the coronavirus!

Now is the time for unity. So friends are you ready to fight back? Let us say it together, "Yes, we can!" Come on friends, say it one more time! Yes, we can!

Thank you for listening to my speech and have a wonderful day!

My value connection is unity, because we can defeat this deadly virus if we all come together.

BRONZE AWARD**Divij Adiga, Grade 2*****"Recycle and Reuse"***

My topic for the public speaking is recycle and reuse. You may have heard the word recycling many times. Today, I am going to talk more about this. Recycling is very important in today's world, if we want to keep the planet healthy and safe. Every year we produce tons of wastes that go into the landfills. This causes air and water pollution. It is also harmful to our soil.

Did you know that thousands of plastic items get thrown in the ocean every year? Lot's of sea creatures die because of this. If we keep on throwing trash at this rate, according to research, in 100 years our planet will be filled with trash. Imagine living in such a world! If we want to stop this, we have to act fast and act now!

Waste is made up of all the things that we no longer need or use like packaging, broken and spoiled items. We can reduce the amount of trash we create by recycling, reusing and reducing. Recycle means making new things from the old items. Reuse means using items more than once. We should avoid buying single use items. Reduce means not buying unnecessary thing or things with too much packaging.

There are many ways we children can minimize the amount of waste we produce. Some examples are:

1. Carrying refilled water bottles instead of buying from the store.
2. Making arts and crafts by recycling things at home.
3. Printing on both sides of the paper or using the empty side for rough work or drawing.
4. Buying less toys and donating old toys, clothes and books to charity.
5. Taking your own bags while going for shopping.
6. Finally, during this pandemic, we should always wear reusable masks like we do in our school.



I think this topic connects to our human values of right conduct, love and respect. If we respect our planet, love all the living things in it and act responsibly, we can all save the environment and live happily here.

Thank you for listening to my speech. I hope you enjoyed.

GRADES 3 & 4

GOLD AWARD

Sathya Spaley, Grade 4

"What is love?"

Good morning Dr. Revathi, teachers and my fellow students. Today, I will be talking about "What is love?" I want to dedicate my speech to our beloved Founder Chancellor Sri Sathya Sai Baba because he was an example of pure and selfless love. He spent his entire life teaching and serving people with love. He lived to remind us that we are Divine and that love is our true nature.

My mom always reminds me that we are born in this world to experience our own Divinity. If Divinity is love, we can attain our life's goal by becoming more loving. I do not think you can become more loving overnight, but you can infuse more love into everything you do daily. We can be more attentive to people around us, be more compassionate and understanding towards all. Many times, we tend to judge someone without trying to understand them. We must keep in mind that people are different, but we all want the same thing: love and to be loved. The love that is present in human beings is also present in animals. That is why we should share love with all living beings. Mother Teresa says: "Do ordinary things with extraordinary love. It is not the size of our actions but the amount of love and care that is put into them that matters."

Our Founder Chancellor Sri Sathya Sai Baba says that love is like a powerful magnet. He explains: "When you keep a flower here, bees are attracted from afar. They are drawn to the flower because of the sweet honey in it. Not a single bee will be attracted by a plastic flower.

The sweetness that attracts people is love. Without loving or being loved, no being can exist on Earth."

I think love is like a rainbow. You see, pure light may appear white to us, but it consists of so many beautiful colours. In the same way, love is pure and can be manifested in many forms. You can experience the love of your mother and father, your siblings and grandparents or the love of your friends. You can also express your love differently: smiling, hugging, helping, and even silently praying for someone. Mother Teresa says: "Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing."

Even though I am still young, I know I am strong because I am loving. Adults seem to be stronger than kids. However, sometimes when adults are sick or feeling down, I know that I can help them simply by talking to them or hugging them. Love is enormously powerful! Love heals, love protects, and love transforms us.

Love is also comforting. Most people experience love from the moment they are born. Mother's love is irreplaceable: it is selfless and pure. No one in the world can love you as much as your mother does.

We learn about love from our family members and the people we meet. We feel secure when we are with our parents because we feel loved and safe.

I do not think we should put conditions on our love. People often say to one another: "I love you...if you love me back" or "I will be your friend...if you do this for me."

How true can a friendship like this or love like this be? It is based on what the other person expects of you. That is not freely flowing love. Our Founder Chancellor explains: "Where there is 'if' and 'but', true love does not exist."

We learn to love our parents, siblings, and friends; we even learn to love our pets, but the most important thing to learn is to love God.

Sri Sathya Sai Baba teaches us that there is no strength superior to love, that there is nothing in the world more precious than Divine love. God is love, and when we are loving, we are also Divine.

Now, how can we learn to experience this magical Divine love? I feel that we can start by purifying our hearts, purifying our minds and our actions. We can practice daily to give more and more love to everyone around us. We need to take every opportunity to love and be thankful to those who give us this opportunity. We should change, be softer and more compassionate



to others. This path will make us happy, peaceful and will bring about a transformation in us.

I want to conclude my speech with Sri Sathya Sai Baba's most famous quote: "Love all. Serve all." I love his message because when you serve people, you experience love, and when you love, you have the energy to serve everyone. I hope that Sri Sathya Sai Baba's message will become the guiding light for my life and that I will always love all and serve all.

SILVER AWARD

Aaran Neethan, Grade 4

"How to believe in yourself"

A bird sitting on a tree is not afraid of the branch breaking; its trust is not on the branch, but on its own wings.

Good morning Dr. Revathi, Ms. Vora and my friends. My name is Aaran Neethan and today I will be telling you how to believe in yourself. Before we even get on with my speech, let me ask you something. By a show of hands, how many of you have a dream to accomplish something, but have a fear that you can't achieve it. As you can see some people are even afraid to raise their own hand (Exactly what I thought).

Friends, we need to understand that the human mind is the most powerful tool we own but it can also be the most destructive. We need to learn how to take control of our mind and our emotions. There is no limit on what you can have, what you can do and what you can be. The key to success is to believe in yourself.

By believing in yourself, you will find the courage to take immediate action on your goals.

Oh, at this time I remember a powerful quote from Mohammed Ali. "He who is not courageous enough to take risks will accomplish nothing in life." How true is this quote?

There will always be doubters who might try to put you down but you have to stay true to your mind and believe in your mind. One day you will achieve what you believe, because anything is possible if you just believe.

It is easy to be all positive and consistent when everything is going in the right way. But that's not life, that's not realistic. Life will get tougher, things will go in negative ways, but you should be one of the very few to stand up when things are tough, when everything is going against you. That is the time you should believe.

Don't give up, you need to fight through your challenging moments, to shine through the dark times, to love through the hate, and be the different one in an indifferent world; to believe in yourself.

We all know Thomas Alva Edison, the great inventor of the light bulb. Edison is not only famous for his inventions but also his attitude on failures. In his mind, failure was simply another stepping-stone on the road to success. When a reporter asked Edison, "How did it feel to fail 1,000 times?" Edison replied, "I didn't fail 1,000 times. The light bulb was an invention with 1,000 steps." He did not give up when he failed 1000 times because Edison believed in himself and had a great self-confidence that he will make the light bulb work one day. If he had given up we wouldn't have the light bulbs we have today.

Life is full of ups and downs, failures and success. My message is: enjoy the ups and have courage to face the downs and believe in yourself to go up again. Don't lose your hope until you win. Every failure is just one step closer to success; you have to take risks and I am sure you have heard that before. If you don't fail, you are not even trying.

Other people are dreaming exactly what you are dreaming...when you know this is what you want to accomplish, you are not the only person who wants to accomplish it. What do you do when you are not only one who wants to be a president, you are not only one who wants to be the CEO and you are not only one to be a famous singer? So think what you would do when 1000 other people want what you want! You have to believe in yourself.

You should see light when others see darkness, you should say yes when others say no, and you should move forward when the rest of the world turns around.

At this time, when I look at you, I don't see a mere audience, I see hope, passion, ambition, aspiration. I see a bunch of people with a dream – to change the world.

Now who here is ready to believe! Is it you. Or you. Maybe it could even be you. So, whatever you do...just believe. Believe in your greatness, see it and live it.

Thank you for listening to my speech.



BRONZE AWARD**Iman Ali Raza, Grade 3*****"Empathy: a spark that can kindle the heart"***

"Empathy is seeing with the eyes of another, hearing with the ears of another and feeling with the heart of another."

Hello Dr. Revathi, Mrs. Mohan and my fellow students. As you all know my name is Iman Ali and I'm a Grade 3 student.

Today I'm going to talk about a value called empathy. I think empathy is a great value. Empathy is the ability to understand how the other person feels and to see from their point of view and imagine being in their place. My Dear Friends! There is a famous saying that a '6' can be a '9' depending on where you stand.

Empathy is a form in which we can show kindness to others. Being empathetic means getting sad when someone is sad and enjoying the happiness when they are happy. Getting excited on your best friends' birthday or crying when someone loses their loved one are examples of empathy.

I think that if someone is sad and you make them happy, then two happy is better than one sad. Empathy gives a helping behavior. Leadership also needs empathy because it's not about being in charge; it's about taking care of those in our charge.

If you see someone without a smile, give them one of yours.

Empathy is like a wildfire, just one simple act is like a spark; it can change the world like the spark can change the forest with a wildfire.

Empathy is about finding echoes of another person in yourself.

In the end, I would like you to think about something. Imagine if we grow a tomato, and it does not grow well, what would you do? We are not going to blame the tomato plant, rather we are going to look at the factors it needed like more fertilizer or water or sun. You never blame the plant. Same is the case for friends and family. If we have any issues with them why blame or judge them. If we know how to take care of them, they will also bloom; blaming has no positive effect. No blaming, no judgement, just understanding. If only we understand and love. We can change any situation and

change the world and make the planet a better place to live. Thank you all for listening.

GRADES 5 & 6**GOLD AWARD****Abisha Amalan, Grade 5*****"The Evolution of Electronic Devices During the Pandemic"***

Goodmorning Dr.Revathi, teachers and fellow students. Today I would like to talk about the evolution of electronic devices during the global pandemic.

We've all heard our parents advising us to stop looking at our screens and go get some fresh air outside, it's better for your mental and physical health. While this may be true, devices aren't all shadows and darkness! They have a bright side too. The usage of electronic devices worldwide has skyrocketed up by about 70 % and has left a positive impact on all of us. Electronic devices have evolved into something more complex in our lives during the pandemic.

For our purpose, we define electronic devices or gadgets, as personal computers, laptops, tablets and cell phones. Devices gave us the opportunity to continue online learning as well as gave us alerts about the latest pandemic news. They also allowed us to buy essential items online and helped us stay connected with family and friends during these challenging times.

School boards have to make tough decisions to ensure students, staff and educators are safe while completing the required curriculum. When schools had to close down due to a sudden increase in Covid-19 cases, we had to find new ways to continue learning. Learning never stops! The pandemic can't stop us from life long education. Luckily, personal computers and laptops gave children worldwide a way to learn even while at home. Students also have very easy access to all online materials and resources which helps them study more efficiently.

The provincial government provides covid alerts through devices such as cell phones. In addition, citizens can sign up to be notified of the community



transmission to help isolate and stop the spread of the virus. This is also critical to keep the front line staff and essential workers informed and safe.

Devices help us purchase essential items online for our grandparents and for those who are unable to go to the store. Purchased items are delivered to their doorstep keeping them safe. You may ask, even though we can purchase anything of our desire from the store delivered straight to our homes, what about the entertainment? Fortunately, there is a perfect solution! Occasionally, you can choose a movie or television show that you would like to watch from a variety of choices. You could also choose a game to play such as online chess or cards which will help exercise your brain.

Our mental health and well-being is critical during these trying times. Gadgets help us stay connected with friends and family. We can play games with our friends and have video calls with our family members. I was unable to meet with my grandparents, in person, due to the strict measures put into place in order to stop the spread of the virus. However, all my gadgets gave me the chance to video call them and talk to them as if I was standing right in front of them. My entire family was even able to hold a zoom dinner call to celebrate the winter holidays together while in the safety of our own homes!

As you can see devices have become an important part of our lives. We continue to stay at home to protect our loved ones and our community. Electronic devices help us practice right conduct and ultimately show our love for our families and society. More importantly devices have encouraged us to make the right decisions on balancing when and how long to use them productively. The right use of devices and the right choice is ours to make.

Thank you for listening and have a great day!



SILVER AWARD

Saina Rahane, Grade 6

"Procrastination"

Good morning Dr.Revathi, Mr. Kandavel and my fellow classmates. Does anyone know the similarities between a credit card and procrastination? I'll give you a couple of seconds to think about it. (-5 seconds-) Done? Ok, well the similarity between them is that, when you use a credit card you will have fun and when the bill comes, you get taken by surprise, So in terms of procrastination, you get scared and start to panic and start cramming. You start trying too many things within a short amount of time.

Did you ever wonder, which part of our brain is responsible for this type of fear? It's called the amygdala. For example, if you're in a jungle and a lion approaches you, what do you think at that moment? You freeze in horror, dead in your tracks. I'm pretty sure that none of us have encountered one face-to-face in real life.

Mainly, procrastination is delaying everything for Sunday Island which sadly never comes. It is proven scientifically that the prefrontal cortex in our brain, right here, is responsible for all the productive work we do in our lives. It motivates us to do it now. But the limbic system pops in to check on us and says, "Oh COME ON you really don't want to be doing that now. How about we chill and watched the new anime episode? It's the best part and you have been waiting for it, haven't you? Leave this, this can be done another day right? Now, this is called cramming. Leaving everything important and pushing it all to another day to complete. It's almost like pushing yourself into a tiny corner when you have so much space in the room. Now think, can you easily fit inside that little corner? No, right? That's the same with work.

While I was researching this topic of mine, I was astonished to find out that procrastination isn't only bad, it can actually be good sometimes. For example, scheduling a big project to be finished near the end of the deadline to make sure that it's finished beforehand. Now some people think procrastination is a bad habit and possibly no way to stop it from happening again and again. I have some good news! There are methods to assist you to stop procrastinating.



Have you ever flipped through the first few well-planned pages of our agenda given by our school? Because there lies my first method to help you. The onTRAC method was given by our school themselves and I would like to share it with you again. TRAC is the abbreviation for think, record, act and check. The think step talks about setting goals. Record is noting them down. Act is acting towards them and then check is checking if you did it.

My next solution to help you is the Pomodoro technique which is an online and free website that is very useful when you have a big project and the deadline is a bit far away. Just type pomofocus.io and that's it. The way you use this app is by adding tasks and labelling them in order. Select a task you would like to work on and focus on it for the next 25 minutes until you hear a ding! Take a 5-minute break and resume your work. Simple, right? Now let's move onto my last solution to stop procrastinating.

It's called the A B C D E rule. A must do: serious consequences for non-completion. B should do: mild consequences for non-completion. C nice to do: no consequences for non-completion. D delegate: things possible (to pass on). And finally, E eliminate: to free up more time.

Let me explain. A: must do – it's something that you must do and you are required to do. B: should do – something that you aren't really required to do. C: nice to do – something that feels good doing. D: delegate – meaning that you can do it any day, passing it on to further days. Lastly, E: to eliminate – that you have a lot of free time and don't have to worry about any work whatsoever. This rule can help you decide on the important tasks you must complete in the given time. You can organize what needs to be done first, technically all the A's, and what can be done later, all the E's and D's.

My value connection is peace because when you don't procrastinate, things get done quicker and when you know that you have a missing or pending assignment, it brings peace to your mind that you don't have to worry about anything. A quote from lego Ninjago, "Never put off until tomorrow what can be done today." Thank you for listening!

BRONZE AWARD

Syon Harilall, Grade 5

"Looking at the Glass as Half Full or Half Empty"

Covid 19 has been on for approximately 1½ years.

Have you just had enough of covid? Have you been waiting to meet your friends? Have you just been negative?

Good morning, teachers, students and volunteers. My name is Syon and today I am going to talk about looking at the glass as half full or half empty.

Covid-19 is one of the worst pandemics in history. There are millions of bad things happening because of this pandemic. It caused lots of suffering and has made us lose the ability to meet together. You can say hundreds of bad things about covid.

But can you look at the good of this pandemic? Why is it that we just look at the negative? Is it because our mind is programmed to do so? Or are we just doing it on purpose? Well, whatever the cause is, we have got to stop because if we keep on looking at the bad we will live a miserable life.

In this pandemic especially I have mostly been looking at the negative. For example, when my mom and I used to go for walks outside I was always complaining about something. For example, Why is the road maintenance horrible, when will this dreadful pandemic end, why can't I just meet my friends ever? and many more things. One day my mom told me, "Syon why don't you just look at the good." I thought about this for a while and finally replied, "I really don't know." When I went inside I thought about this more. Why don't I ever look at the good?

I just was clueless. I mean I couldn't search it up on google and find the answer. So I left that thought and continued to walk home.

Another day I was reading a book about human evolution. In the book, it said our mind is conditioned to look for the bad and continues to hold on to the negative as soon as we find it.

Imagine one of the cavemen was looking for a pretty flower to give to his daughter. Now imagine that a snake was hiding above in a tree. The caveman scans his environment to see if he is safe. He sees the snake and runs. If he didn't look for the negative he could have



died. In prehistoric times there was danger in our environment. There could be snakes, lions and scorpions anywhere. Now our modern environment doesn't have these dangers. However, our mind still thinks there are dangers around everywhere.

Looking at the negative can sometimes help you solve problems, but we don't necessarily need to look at the negative all the time.

Most of us know the expression of looking at a glass as half full or half empty. The person looking at the negative will see the glass as half empty, and the person looking at the positive will see the glass as half full. It's the same glass and the same amount of water in it. It's just how we choose to look at it.

So how can we stop looking at the negative?

One way is to practice something called a gratitude journal. A gratitude journal is a journal where you write all the things you are grateful for. It can be for anything, even rattlesnakes as long as you write why. If you practice this every day you will eventually stop looking at the negative.

Another thing you can do is box breathing. Box breathing is not breathing in a box. Box breathing is a breathing technique that helps you calm down when you are angry. It also brings you in a positive mood. In box breathing, you breathe in for a few seconds, hold your breath for a few seconds, breath out for a few seconds, and repeat that how many times you like. I will now do a demonstration. Try it as soon as you get angry or have negative thoughts. It will work like magic.

Last but not least you can just generally be positive. You can pass compliments and be kind to everyone. This won't only make your day positive but will make other people's days filled with positivity.

Now, If I were to think of covid again I have so many positive things to say about covid. For example, covid made me a skateboarder. I learnt to make do with what I have, there is less pollution and litter because of this pandemic. And it even helped me connect with family more because now I facetime and zoom call my family outside of Canada even more than I would before covid. I would say that this pandemic helped me a lot in lots of different ways.

Now it's all about you. I choose to see the glass half full, but now it's all about you. Are you going to choose to see the glass as half-full or half-empty? You decide.

Thank you for listening to my presentation and have a great day.

BRONZE AWARD

Sai Shevaa Ramachandran Rajganesh, Grade 6

"Are Video Games Good for Your Mental Health?"

Video games are not evil by nature. They do not necessarily cause anxiety or depression. However, video game addiction can certainly make these issues worse. Keep reading to learn the effects of excessive gaming on the brain, and how you can keep playing video games without sacrificing your mental health.

The Psychological Benefits of Video Games:

Video games are highly stimulating. This stimulation reaches nearly all parts of the human brain and leads to high level thinking as well as the development of fine motor skills. With the intensity and complexity of each game comes quick analysis, thinking, strategizing, learning to deal with stress and inductive reasoning followed by hypothesis testing (Tumbokon, 2018). In other words, playing video games forces the gamer to deeply stimulate multiple different areas of his or her brain which leads to the development of a large handful of various beneficial tasks and dimensions of thinking. Further, it has been discovered that video games can help those who suffer from mental disorders such as anxiety, depression, antisocial personality disorder (APD), attention deficit hyperactivity disorder (ADHD), post-traumatic stress disorder (PTSD) and Alzheimer's disease.

It was found that video games can be very therapeutically useful in such instances due to the fact that playing video games can develop positive structural brain changes. This is due to the fact that mental disorders arise when brain regions experience a decrease in size. When someone suffering from such a deficit immerses themselves in a video game, they experience a volumetric brain increase thus suppressing the patient's disorder (Brooks 2013).

The American Academy of Pediatrics recommends no more than two hours per day of screen-based entertainment. Parents should create a "media plan" that dictates what hours a child can enjoy video games without affecting behavior and homework.

Playing video games can be good for your mental health, new research suggests.



The studies show that playing video games can change how our brains perform, and even their structure. For example, playing video games affects our attention, and some studies found that gamers show improvements in several types of attention, such as sustained attention or selective attention. The brain regions involved in attention are also more efficient in gamers and require less activation to sustain attention on demanding tasks.

There is also evidence that video games can increase the size and efficiency of brain regions related to visuospatial skills. For example, the right hippocampus was enlarged in both long-term gamers and volunteers following a video game training program.

Video games can also be addictive, and this kind of addiction is called "Internet gaming disorder."

What are the negative effects of video games?

Here are several negative effects of video games:

- Dopamine addiction.
- Reduction in motivation.
- Alexithymia and emotional suppression.
- Repetitive stress injuries and other health risks.
- Poor mental health.
- Relationship issues.
- Social disconnection.
- Exposure to toxic gaming environments.

What are signs of video game addiction?

Signs to watch for:

- Thinking about gaming all or a lot of the time.
- Feeling bad when you can't play.
- Needing to spend more and more time playing to feel good.
- Not being able to quit or even play less.
- Not wanting to do other things that you used to like.
- Having problems at work, school, or home because of your gaming.

Do video games stimulate your brain?

Playing video games may increase your brain's gray matter and improve how it communicates. Gaming could possibly increase the volume of gray matter in the brain, based on a study published in Nature. ... The study found a correlation between playing action video games and increased gray matter volume in the brain.

If a person is addicted to video games and is going nowhere in life, then they will probably have low self-worth and confidence.

Moreover, gamers aren't judged for external things when they are online. Other people see them for who they are as a person and do not judge them based on what clothes they wear, how they look, how much money they make, or what car they own.

But when they move out into the real world, they are judged for these things, and since they are not used to being judged, they feel really uncomfortable. They start to stay inside and avoid going outside. That makes the situation worse because then they miss out on opportunities to grow and explore. This makes their low self-esteem even worse and their confidence continues to decrease over time.

Conclusion:

Video games are not necessarily the source of mental health problems. It is possible to be a healthy gamer and enjoy video games as a recreational activity. However, when people do not know how to deal with their emotions, they tend to use video games to suppress them and end up getting stuck in life.

GRADES 7 & 8

These were extemporaneous speeches and did not have a written version that could be printed here.

GOLD AWARD

Aathitiya Prabakaran, Grade 8

"How media controls how and what we think"

SILVER AWARD

Vineysh Neethan, Grade 7

"Truth and Lies"

BRONZE AWARD

Sophia McLennon, Grade 7

"Love vs. Romance"



Founder Chancellor Sri Sathya Sai Baba to Students

One should be guided by the inner voice

The Intelligence has some other names. One of them is the In-dweller. Man is guided by the voice of this Indweller in the conduct of his life. When problems arise, man waits for the directives of the Inner Voice. If this Inner Voice is not giving him satisfactory answers, he will be in a quandary. When he gets satisfactory guidance from the Inner Voice, he will be able to come to terms with the external world. Sometimes, one is found to remark: "My conscience does not approve of this." The Inner Voice is the voice of conscience. When one is asked to "Follow the Master," the "Master" is one's conscience. When you follow the dictates of your conscience, you can reach the proper destination.

- *Sathya Sai Speaks, Vol.23, Discourse 16*



Human Value for May/Jun

TRUTH

TRUTH

Courage

Discernment

Self-Inquiry

Fairness

The intellect has little to do on the road to discovery. There comes a leap in consciousness, call it intuition or what you will, and the solution comes to you, and you don't know how or why.

- ALBERT EINSTEIN



Heritage Months – May: Jewish Heritage

by Mr. Parthi Kandavel, Grade 6 Teacher

Every June is celebrated as Jewish Heritage Month throughout our province of Ontario. It is an opportunity to learn more about the history, beliefs, customs, and values of the Jewish people. The Jewish people and faith is one of the world's oldest and has a very unique and long history. An important part of that history is the immense suffering faced at different points and places of their history, including the Holocaust.

This month, at the Sathya Sai School, we had the privileged opportunity for all of our students to hear a wonderful presentation on the Jewish faith by one of our dearest staff members, Ms. Edith Recht. Many of you know Ms. Recht's radiant, loving, and dutiful personality. Did you know that Ms. Recht was born into a tight-knit Jewish family in New York City?

Ms. Recht's extensive and detailed presentation to all grades contained important and diverse material about this ancient religion, such as holy sites, religious observances, the 10 commandments, food, songs, and prayers. Also, Ms. Recht shared a wonderful experience a group of Jews and herself had with our Founder, Sri Sathya Sai Baba. All the students greatly enjoyed the presentation, learned a great deal, and asked very good questions. Shalom!



JUDAISM

What is hateful to you,
do not do to your neighbour.



Torah is the Jewish Bible, a sacred scroll written in Hebrew.



Israel today – from desert to drip irrigation increasing crop yields.



SK Class

Presented by SK teacher Ms. Merna Claudius

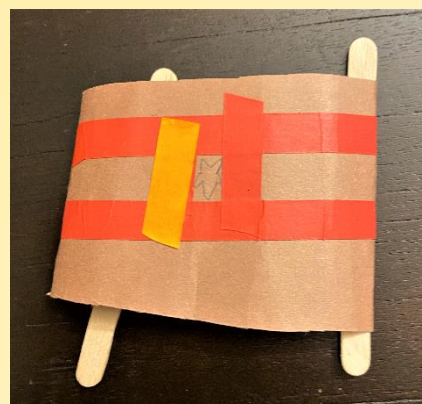
For Jewish Heritage month, students explored the Jewish culture, practices, and beliefs through an interactive and informative presentation by Ms. Recht. As an application activity, SK students made a scroll craft.



Anushka



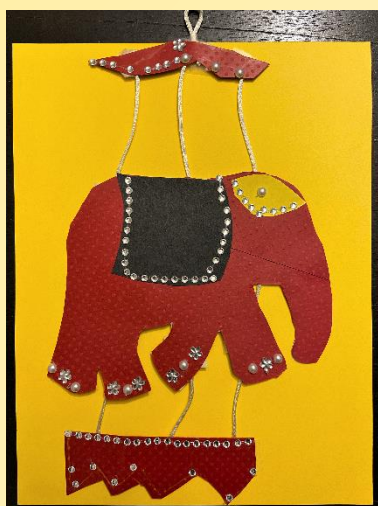
Aria



Sajjen

Heritage Months – May: Asian Heritage

For Asian Heritage Month, SK students further explored the Indian culture, landmarks and inventions. As a hands-on activity, students made elephant crafts.



Sajjen



Reema



Krishiv

Multi-Faith Festivals around the world

May 13

Ascension Day (Christian)



May 14-16

Eid al Fitr (Islamic)



May 18

Shavuot (Jewish)



May 19

Buddha's Birthday (Buddhist)



May 26

Wesak (Theravada Buddhist)



June 3

Corpus Christi (Roman Catholic)



June 13

Race Unity Day (Baha'i)



June 16

**Martyrdom of Guru Arjan
(Sikh)**



June 22

First Nations Day (First Nations)



Important Dates:

June 2021

June 14	Report Card Making Day (No School)
June 18	SK Graduation
June 20	Father's Day
June 25	Grade 8 Graduation
June 29	Last Day of classes/ Report Cards sent home
June 30	Last Operational Day (Staff only)

HAPPY FATHER'S DAY!

Yours truly,
Ms. Recht, Office Admin.
Dr. Revathi, Principal

