

Initiative 15

Engaging students in various activities for their Mental and Physical Well-being

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The School Context

Government Model Sanskriti Sr. Sec. School is located in Gurgaon block of Gurgaon district of Haryana. The school is managed by the Department of Education. It is situated in urban area. It is a co-educational English medium school. The school has a beautiful campus of about 5 Acres, situated in the heart of Gurugram with ample greenery and open spaces. School has spacious classrooms & playgrounds for various games. School is equipped with a standard library, Science museum, Music room, Computer lab, English Language lab & Digital labs along with Physics, Chemistry, Math's and Biology labs. The school offers vocational courses like IT and Retail apart from Science, Arts and Commerce streams to senior students.



Challenges faced due to School Closure

COVID-19-led lockdown in 2020-21 presented multiple challenges for students, teachers, and parents. One of the key challenges faced by GMSSS Sanskriti School was the absence of human interaction and social connectivity. The face-to-face school and social environment provided our children with the opportunity to engage with their classmates, and to sustain friendships outside of school contributing to their welfare and wellbeing. Today, many students find it challenging to sustain social interactions through virtual mode.

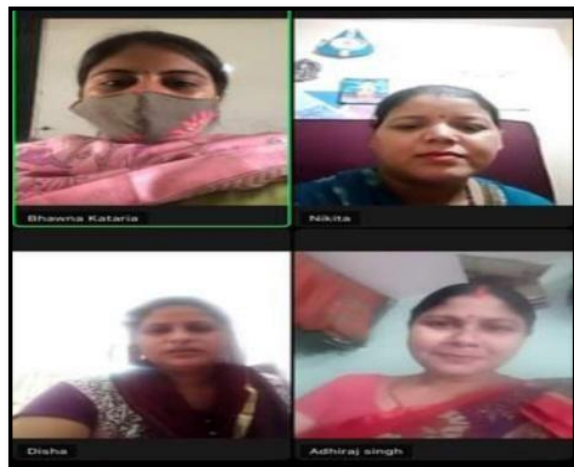
They are adapting to a changed home environment as parents and their children work, study and play at home together. Children are trying to get used to the norms of learning in a virtual setting, establishing a daily routine, finding a quiet, undisturbed space for studying,

keeping their systems on mute when participating in class, keeping their videos on, and learning how to be even more self-disciplined. The novelty of being connected online can distract children by prompting them to access other websites while attending their class.

While monitoring, the number of hours children are exposed to 'screen time', many children spend more hours outside of the

'classroom' engaging with their friends, playing games online, interacting on social media. Such extended hours of screen time can result in various physical problems such as frequent headaches, bad posture and eye strain. With school occurring virtually and buildings and societies locked down, many children no longer have access to physical exercise in the sports grounds as they did

before. Lack of services and electronic devices to view online content was a big challenge faced by children and parents.



Innovative Leadership Practices for mitigating learning gaps

To ensure school functioning and student learning, the school was quick to implement new educational pedagogy — learning through digital means. Besides teaching online, teachers supported students to complete assessments and tests. They stayed in constant touch with parents about their wards' progress through WhatsApp groups, and virtual parent- teacher meetings. This blurring of professional and personal boundaries took a toll but they got the opportunity to gain more knowledge and skills. Parents had to invest in seamless Wi-Fi



connectivity and ensure that their children paid attention to classes. Even if students missed a session, teachers shared recorded sessions.

Students and parents were made aware and encouraged to use digital platforms launched by the government such as DIKSHA, eVIDYA, AVSAR, EduSAT. Students used class WhatsApp groups for studying. They celebrated Yoga Day at home and were engaged in online activities and competitions.



Some of the best practices adopted in school to deal with the challenges in 2021-22 are –

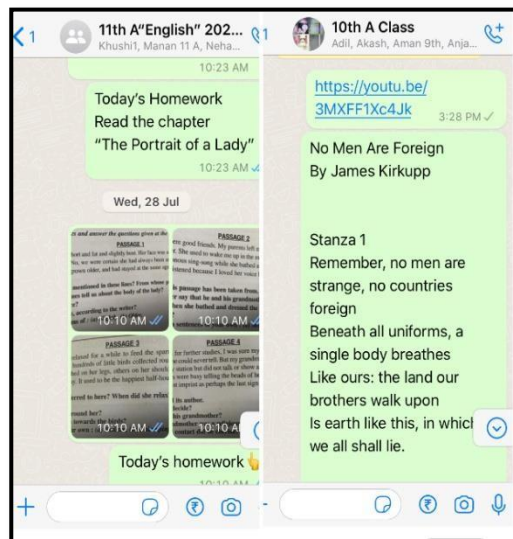
1. Formulation of academic calendar in the beginning of the session
2. Providing active support and guidance to the students. Regular Counselling of students is done to help them excel in academics and cope up with the anxiety and stress.
3. Maintaining teachers' records like lesson plan, teacher's diary, students' attendance registers and students' progress efficiently at school level, periodic monitoring of the same.
4. Online assessment of students, adoption of digital classrooms and use of ICT in teaching. Teachers teach online also with the help of various digital platforms like Google Classrooms, Zoom app, WebEx and personal YouTube channels. Some of the YouTube links of teachers are https://www.youtube.com/watch?v=aiN_ZqgnBU0, <https://youtu.be/viBsaLyTQ20>
5. Active participation of students in community service and environmental safety through NSS, SPC, Scouts & Guide, Balika Manch and Eco-Club.
6. Active involvement and participation of parents through PTA and SMC.
7. Facilitating sports, yoga, and meditation to encourage healthy competition, character building, concentration and physical stamina in students. Every morning 100-120 students come for sports activities in the school playground. Our school has India's second regular Baseball ground.
8. In the current session the following facilities were introduced in school:
 - i. Establishment of 2 Smart classes for Science stream. We hope to convert all the classes into Smart classes as soon as possible
 - ii. Establishment of Capgemini InnoSTE(A)M & Coding for Girls Lab
 - iii. Establishment of a Multi-purpose hall
 - iv. Construction of classrooms on the first floor of the school building.
9. The school is now affiliated to CBSE, so activities are conducted according to the CBSE guidelines and circulars



Live Interaction Session for Doubts



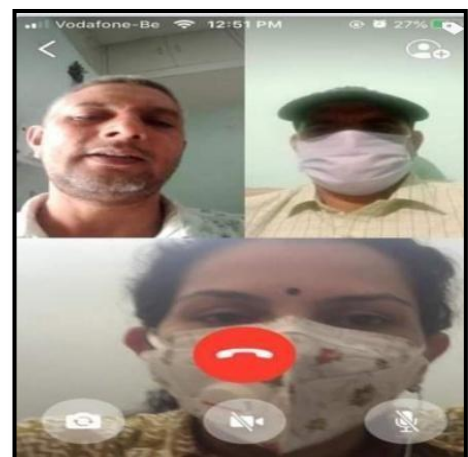
Teachers taking online interviews for admissions



Interaction of Teachers and Students on WhatsApp

Collaboration with Community and Parents to Ensure Student Learning

School and teachers communicated with SMC, community members and parents/families virtually to facilitate learning of students during lockdown. Parents were told about the Covid appropriate behavior and various precautions like physical distancing, emphasis on hygiene and sanitation that should be taken to keep Covid-19 infection away. SMC and PTA were involved for smooth conduct of online classes also. Virtual meetings of SMC members were conducted where they were made aware of challenges faced by teachers.



PTMs were conducted on a monthly basis; online during

Lockdown and offline when the situation became normal. Parents were given complete information about Shiksha Mitra Program and it helped students who did not have access to personal smartphones. The SMC actively participated in bringing awareness among other parents about how to manage the studies of students at home. PTMs were conducted on a monthly basis online during Lockdown and offline when the situation became normal.

Way Forward

Covid-19 pandemic was one such phase that provided us with diverse experiences in various fields of life. We've learnt to learn new things, love and cherish simple things in life, hope for a better future and be grateful to the Almighty for the life we are bestowed with. We are trying hard to make today better so that our students get the best tomorrow. We plan to take help from SMC and parents to overcome the hurdles caused by the Pandemic and ensure continuous learning of students. We hope to complete the construction of rooms and establishment of digital boards in all the classrooms by the end of this session. We are also following the mode of Hybrid Learning that ensures uninterrupted high-quality learning for students in all circumstances. We hope that following the best practices in school we will take our students to such realms of knowledge where they not only make successful careers but also become good human beings and try to make this world a better place. It is well said that

-the best preparation for tomorrow is doing your best today".