



JESUS' SACRED HEART SCHOOL
DX-1, SOUTH CITY, LUDHIANA
Grade I

Cir No.: J.S.H.S/261/0417

Date-3rd Apr., 2017

Respected Parents,

A school is the workshop of life-building in which the raw material is the nascent young pupils. The core aim of education is to foster all round development of a child. Extracurricular activities foster the aesthetic development amongst the children. There is a huge plethora of options that a student can choose from. Kindly note the following Schedule of Wednesday Activities and clubs and select the options for your child as per his/her interest.

1. Every Wednesday there will be one activity period.
2. Each student is required to opt for 1 activity for a period of six months(i.e April to Sept & Oct to March)
3. Various options are given below. Kindly write down your option taking in consideration the aptitude and interest of the child.
4. A child can choose same or a different activity for second term.
5. Along with Wednesday activity student is required to choose a club for the whole session.
6. Club days are mentioned in activity calendar.
7. Students will not be allowed to change the options once the form is submitted. Kindly ensure submission of forms by 6th April, 2017.
8. House uniforms will be followed on Wednesday.
9. Saturdays will remain off.

NAME:- _____

CLASS& SEC:- _____

Wednesday Activity– Gymnastics, Martial Arts, Skating, Football, Lawn Tennis, Athletics, Cricket, Basketball, Clay Art, Sketching & Painting, Origami & Craft, Brain – O – Brain, Speaker's forum, Little Scientist, Stage Arts, Calligraphy, IT

Opted Option (Term 1):- _____

Opted Option (Term 2):- _____

Club – Self Defence Club, Cookery Club, Eco Club, Yoga & Meditation Club, Theatre Club, Science Club, Creative Club, IT Club, Self Grooming Club

- ❖ Each Student is required to opt for any one club which will be continued for the whole session.
- ❖ Details of clubs are mentioned overleaf.

Opted Option: - _____

Student's Signature

Parent's Signature

Principal's Signature

CLUBS (I)
SESSION 2017 - 18

1. **SELF DEFENCE CLUB:** The aim of this club is to make students aware of their surroundings. The club strives to teach all students how to protect themselves. It is the first step to mentally and physically prepare a student for life beyond the school walls.
2. **COOKERY CLUB** : Learning to cook helps children to learn about nutrition and healthy eating. Teaching students to cook will help to instill skills which lasts with them for a lifetime. This is what the cooking club is trying to achieve.
3. **ECO CLUB:** Encouraging students to keep environment clean, sensitize the students to minimize the use of polluting products, to motivate students to work in an environment friendly manner which includes use of LPG, paper bag, save electricity, to make children understand the importance of environment and its problem areas, to involve children in action based programmes related to various problems prevailing in their surroundings.
4. **YOGA AND MEDITATION CLUB:** Health of young children is of paramount importance. The objective of Yoga club is to enable the students to have good health, to practice mental hygiene, to possess emotional stability and to attain higher level of consciousness.
5. **THEATRE CLUB** : A plethora of talented individuals with the aim of a strong message to deliver, join together to present stage performances & create a world of spectacular amazement. It is a perfect platform for budding artists to love their skills.
6. **SCIENCE CLUB:** To promote inquisitiveness among the school students to inculcate scientific temper among the children and to trigger interest among the students in science is the main motive of the club.
7. **CREATIVE CLUB:** The purpose of the creative club is to stimulate interest in creative ideas among students. The club attempts to create an awareness of the student's mind by organizing different activities.
8. **IT CLUB:** This club is basically formed to enhance skill level of student other than regular curriculum and give benefits to student who wants to do more activity with their talent in the field of computer technology & networking.
9. **SELF GROOMING CLUB:** The most important step towards grooming your personality is believing in yourself. The major aim of the club is to develop positive attitude in life, to enhance communication skills, understanding of basic standards of etiquettes and manners.