



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

Cir No: JSHS/301A/0418

Date-2<sup>nd</sup> April, 2018

Respected Parents,

School's Education is the passport to the future, for tomorrow belongs to those who prepare for it today. For all-round development, the child needs to comprehend the factual and practical experiences which can be complemented and supplemented by Co-curricular Activities. It offers the students an opportunity of growing their skills and exhibit their non-academic competence as well. Hence here is an opulence 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 Term I & Term II)
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. **In preference 1 you may fill the activity of your child's chief interest & in preference 2, kindly mention your child's next interested option. Earliest submission of the form would only get a seat in Preference 1 activity. So in case of filled seats in the Preference 1 activity, the child will be given seat in Preference 2 activity.**
6. Along with Wednesday activity student is required to choose a club for the whole session.
7. Club days are mentioned in activity calendar.
8. Students will not be allowed to change the options once the form is submitted. **Last date for submission of forms is 6<sup>th</sup>April, 2018. Earlier submission would only get a seat in Preference 1.**
9. House uniforms will be followed on Wednesday.
10. Saturdays will remain off.

NAME:- \_\_\_\_\_

CLASS & SEC: - \_\_\_\_\_

**Wednesday Activity**– Gymnastics, Martial Arts, Skating, Football, Lawn Tennis, Athletics & Strength Training, Cricket, Basketball, Clay Art, Sketching & Painting, Origami & Craft, Brain – O – Brain, Speaker's forum, Western Dance, Vocal Music, Calligraphy, IT.

(Term 1) Preference 1 :- \_\_\_\_\_

Preference 2 :- \_\_\_\_\_

(Term 2) Preference 1 :- \_\_\_\_\_

Preference 2 :- \_\_\_\_\_

**Club** –Cookery Club, Self defence Club, Dance Club, IT Club, Yoga Club, Creative kids Club, Adventure Club, Sculpture Club, Self Grooming

❖ 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

**CLUBS ( I )**  
**SESSION 2018 – 19**

1. **COOKERY CLUB** - Children who cook at home indicate a “sense of accomplishment,” self-confidence, and feeling of contributing to their families. The activities in this club expand their horizons by getting them in the kitchen through a healthy cookery club.
2. **SELF DEFENCE CLUB:** The motive of this club is to comprise in teaching the basic techniques and learning self-defence strategies which not only involves physically tackling threats to safety, but also gives the ability to identify unsafe circumstances. So embrace your life with fearless mind.
3. **DANCE CLUB:** Dance Club creates opportunities for self-expression and communication within the constraints of the medium of the body. Dancing helps bodies and minds relax as it takes people away from their anxiety and frustration for a while. The study of dance in this club fosters an individual’s ability to better interpret interpersonal nonverbal communication.
4. **IT CLUB:** IT Club allows students access to a wealth of information and sources. This club also enhances skill level of student other than regular curriculum and gives benefits to student who wants to do more activity with their talent in the field of computer technology & networking.
5. **YOGA CLUB:** Yoga Club instills a perfect balance of life or Art of living through mental, spiritual and physical path. Yoga works on the level of one’s body, mind and energy. The practice of yoga brings positive changes in the practitioner – strong muscles, flexibility, patience and good health.
6. **CREATIVE CLUB:** Creative club activities provide fun and interactive ways for children to naturally learn and remember. The purpose of the creative club is to stimulate interest in the development of creative ideas among students. The club attempts to create an awareness of the student’s mind by organizing different activities.
7. **ADVENTURE CLUB:** Adventure sports for students are highly motivational and practical which are unlikely to be seen from the normal classroom environment. Adventure club aims at increasing productivity, encouraging students to work in different working environment, building team spirit, friendship and trust amongst each other. Few of the activities for the same will be Burma Bridge, Spider Net Climbing, Tyre swing balance, Commando Crawl, balancing rope etc.
8. **SCULPTURE CLUB:**. This club gives a life to a student’s thoughts to decorate it in carvings and make a beautiful piece of art. Sculpture is the art of intelligence and arts education can imbue in students a sense of the satisfaction that comes from working to create something. It also expands the mind and soul.
9. **SELF GROOMING CLUB:** This Club aims to make the demeanour of a person more vibrant & vivacious in overall development of the personality of the child.