

Ora Et Laboura

A WEEKLY UPDATE
SESSION 2024-2025

Petrine Pulse



VOL 3.8.1

Principal's Message

United in Freedom, Bound by Protection

Dear Students, Teachers, Parents, and the Esteemed Peterine family,



As we gather to celebrate India's Independence Day, we honor the countless freedom fighters whose sacrifices secured our nation's freedom. This day is a poignant reminder of our country's remarkable journey from colonial rule to becoming one of the world's largest and most vibrant democracies. We celebrate not only the freedom we enjoy but also the values that underpin our nation—democracy, unity, and diversity. As we pay tribute to the leaders who fought for our sovereignty, let us also recognize those who continue to protect it: the brave soldiers of the Indian Army.

This year, our celebration of Independence Day beautifully coincides with the festival of Rakshabandhan. Just as Rakshabandhan symbolizes the bond of protection and care between siblings, it also serves as a reminder of the unwavering protection provided by our soldiers on the borders. Many Indian mothers and sisters extend the spirit of Rakshabandhan by tying rakhis to our soldiers, honoring them as the protectors of our nation. These rakhis are a token of love, respect, and gratitude for their selfless service, reminding us that the strength of our freedom is safeguarded by the courage and dedication of our armed forces.

India's independence remains a testament to the power of unity in diversity. Our country, with its myriad cultures, languages, and traditions, stands as an enduring example of how diversity strengthens us.

As we celebrate both our nation's freedom and the spirit of Rakshabandhan, let us reaffirm our commitment to the values of democracy, equality, and justice—values that our freedom fighters envisioned for us and that our soldiers protect every day.

Parents, your role in shaping the values of the next generation is essential. By instilling in our children the importance of unity, respect for diversity, and the responsibility of being good citizens, we nurture the very ideals for which our nation fought. To our students, as you enjoy the festivities, I encourage you to reflect on the significance of freedom and the responsibility that comes with it. Just as our soldiers protect our borders, we must protect the unity and diversity of our nation through kindness, respect, and care for one another.

May these occasions inspire us all to work towards a future where we cherish the gift of freedom, honor the legacy of our great nation, and express gratitude to the brave soldiers who protect it.

Jai Hind!

Fr. Justin Thiraviam

*Principal,
St. Peter's High School*



"Celebrating 78 Years of Freedom with Pride, Joy, and Patriotism!"



"Joyful moments and patriotic fervor filled the air as we celebrated 78th Independence Day with great zeal and enthusiasm on our school campus."

On Saturday, August 3rd, 2024, our school, under the guidance of Principal Fr. Justin Thiraviam, organized a movie premiere for the students of grades 9 and 10, focusing on the vital themes of adolescence, sex, and peer education. The event was a thoughtfully curated experience aimed at addressing the multifaceted challenges and changes that adolescents face today.

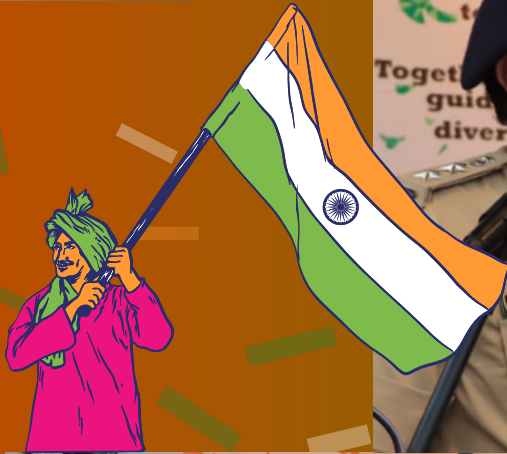
Adolescence is a critical period marked by rapid physical, emotional, and psychological developments. In this transformative phase, comprehensive sex education plays a pivotal role in equipping young individuals with the knowledge and skills to make informed decisions about their bodies and relationships. Peer education, a key component of the program, leverages the influence of classmates and friends to foster a supportive environment where students can openly discuss and learn about sensitive topics.

In today's world, where misinformation is rampant and peer pressure is intense, such educational initiatives are indispensable. They empower students to navigate their adolescent years with confidence, promoting healthy behaviors and mutual respect. The premiere was not just a film screening but a significant step towards nurturing a well-informed, responsible, and empathetic generation.



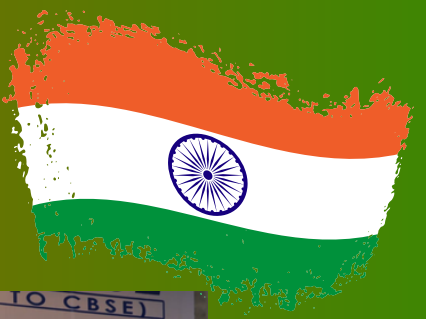
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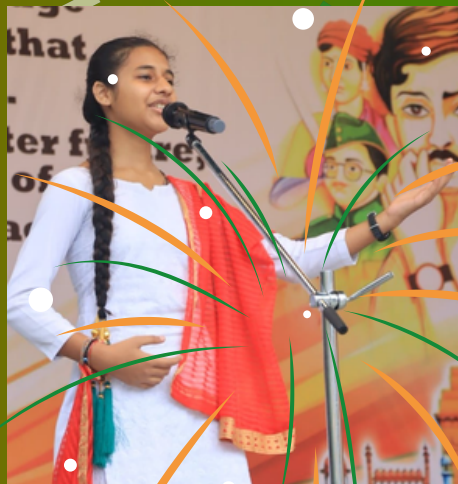












Hands-on learning, hearts full of joy: Our recent activities were a success!

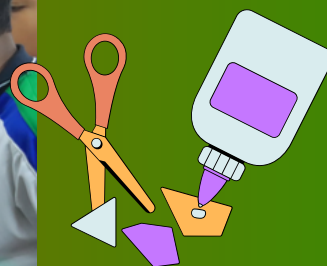
Activities play a crucial role in our school's curriculum, fostering the overall holistic development of our students. To promote active engagement and learning beyond the classroom, we organized various activities on the third Saturday of this month.

These activities provided our students with opportunities to explore their interests, develop new skills, and collaborate with their peers. We believe that such experiences contribute significantly to their personal growth and academic success.

We encourage you to discuss these activities with your child and explore ways to support their continued involvement in extracurricular pursuits.









Second Chances Week

5 August to 9 August 2024

This week we have taken the topic 'Second Chances'. As the topic itself suggests second chances are those opportunities that are given to correct past mistakes or make different decisions. They are a new beginning. They also offer chances to learn from mistakes and forge a new path. They are very important for everybody as it gives everyone the opportunity to put in a renewed opportunity and to achieve something which was earlier unattainable. This also becomes a vital part of learning healing and moving forward.

While second chances are valuable, it is important to consider the following factor namely; the nature of the mistake, genuine remorse and the impact on others. While taking second chances we should not adversely impact others in the process.

One of the important aspects of second chances is growth which is manifested in different ways namely self- awareness, resilience, improved relationships, skill development and perspective shift. Through these things one should aim at attaining considerable growth in their personal life as there would no more chances are not repetitive.

The students of different classes by conducting morning assembly on different days highlighted various aspects of second chances and I hope this would definitely impact our students.

During this week we also conducted quiz competition, debate competition and the best performers were awarded. An awareness of the destruction of Nagasaki and Hiroshima was given and the importance of lasting peace in the world.

Principal

Justin Thiraviam



Assemblies



05 August
2024

"Rewriting Your Story with a Second Chance" was truly inspiring. You reminded us all that no matter the challenges we face, we always have the opportunity to start anew and shape our future. Your message resonated deeply, encouraging everyone to embrace second chances and make positive changes in their lives. Great job, Class 10B! Let's all strive to make a positive impact and create our own inspiring stories. Together, we can build a community where everyone has the opportunity to grow, learn, and thrive.

06 August
2024



On 6th of August, 10th C presented an informative assembly on the topic- "Remembering Hiroshima: Advocate for Peace, Embrace Hope". Through their assembly, the Petlines could really feel the pain of the people of Hiroshima during the WWII. Your dedication and hard work have undoubtedly made this assembly a meaningful and impactful experience for all of us. Let us commend and celebrate your efforts in promoting peace and hope.

07 August
2024



The CEED Club's assembly on "Second Chances: The Path to New Beginnings" was a powerful reminder of the importance of perseverance and hope. The students delivered a message that resonated with everyone in attendance. Their ability to transform a complex theme into a compelling and engaging presentation is truly admirable. They did a fabulous job motivating the petrines to try again and never lose hope.



08 August
2024

The Quit India Movement was a mass protest against British rule in India in 1942. Led by Gandhi, it aimed to demand immediate independence. The movement involved various acts of civil disobedience and played a crucial role in India's struggle for freedom.

The students of Grade 9 B are to be commended for their thoughtful and informative assembly on the Quit India Movement. Their presentation effectively conveyed the historical significance and impact of this pivotal event in India's fight for independence.



It is truly commendable that the students of Class 9C chose to dedicate their assembly to commemorating Nagasaki Day with the theme "Reflect, Remember, and Pursue Peace." This profound topic holds immense significance, particularly for the younger generation, reminding us all of the importance of peace and the lessons of history.

09 August
2024

As we also celebrate Empathy Week, we recognize that empathy—the ability to understand and share the feelings of others—is a crucial quality that fosters compassion, kindness, and cooperation. The themes of Nagasaki Day and Empathy Week beautifully intertwine, as both encourage us to reflect on the past, remember the impact of our actions, and pursue a future rooted in peace and understanding. Let's embrace this opportunity to cultivate empathy and reflect on the importance of peace in our lives and in the world around us.



Empathy Week

12 August to 17 August 2024

Empathy is the ability to understand and share the feelings of others, offering a profound connection that transcends mere words. It allows us to step into someone else's shoes, seeing the world through their eyes and feeling their emotions as if they were our own. Empathy fosters compassion and kindness, enabling us to respond with care and consideration to those in need. For students in school, empathy is particularly vital as it helps create a supportive and inclusive environment. It encourages respect, reduces conflicts, and promotes teamwork. By understanding the struggles and perspectives of their peers, students can build stronger relationships, enhance their emotional intelligence, and contribute to a more harmonious school community. Empathy, therefore, is not only a personal virtue but also a critical skill for thriving in a collaborative academic setting.





Assemblies

12 August
2024



Grade 8A's assembly on the thought-provoking topic of "Youth with Empathy" was a testament to the remarkable potential of young leaders to inspire social awareness and promote the critical values of compassion, kindness, and understanding. Through their insightful presentations and personal stories, the students eloquently conveyed the transformative impact of empathy, leaving a lasting impression on all in attendance and reminding us to cultivate this essential quality in our daily lives.



13 August
2024

The recent assembly was a powerful reminder of how diversity fuels innovation. The students of 5B delivered an inspiring presentation that highlighted the incredible value of our diverse community. Their performance underscored the idea that our differences are not just to be acknowledged but celebrated as they bring new perspectives, ideas, and solutions to the forefront.

16 August 2024



"Our talented Petrines of Grade VIII-C captivated the morning assembly with their insightful presentation on World Photography Day. The assembly explored the art of photography and its power to capture precious moments and create lasting memories. Photography Day serves as a reminder of the invaluable role that images play in preserving our history, expressing emotions, and telling stories. Let us celebrate the beauty and impact of photography and the memories it helps us cherish."



17 August 2024



As we celebrate the joyous occasion of Raksha Bandhan, let us remember the beautiful bond between brothers and sisters. The sacred thread tied on a brother's wrist symbolizes the promise of protection, love, and care.

Let us cherish these relationships and strive to create lasting memories together. May this festival bring peace, harmony, and prosperity to all.

The students of Allegiance House presented a special assembly to commemorate the auspicious festival of Raksha Bandhan. The assembly showcased the beautiful bond between brothers and sisters, highlighting the values of love, protection, and care.



Respect and Manners Week

20 August to 24 August 2024

Respect and manners are fundamental aspects of character that shape how we interact with others and the world around us. Respect involves valuing others, their opinions, and their rights, while manners reflect the courtesy and consideration we show in our behavior. These qualities are essential for building trust, fostering positive relationships, and maintaining harmony in society. In schools, education plays a pivotal role in nurturing respect and manners in children.

Through lessons in moral values, classroom interactions, and the guidance of teachers, students learn the importance of treating others with dignity and kindness. Schools provide a structured environment where children practice respect in diverse situations—toward peers, authority figures, and even themselves—helping to instill these values as lifelong habits that contribute to their personal and social development.





Assemblies

20 August
2024



Imagine a world without respect. A chaotic realm where every individual is a lone wolf, vying for dominance. A place where misunderstandings escalate into violence, and empathy is a forgotten relic. Respect is the glue that binds society together, the invisible force that prevents us from descending into a state of anarchy. It's a reminder that, beneath our differences, we share a common humanity. Our Grade 7A students delivered a powerful message on the importance of respect during a recent assembly. Their insightful presentation highlighted respect as a fundamental value that underpins harmonious relationships and a peaceful society. By recognizing the inherent worth and dignity of every individual, we can foster understanding, empathy, and cooperation. The students' inspiring words serve as a reminder for all of us to embrace respect in our daily lives.



21 August
2024

A big shoutout to the amazing students of Grade 7B for their incredible performance during today's morning assembly! Their presentation on "Manners Matter: Politeness Opens Doors" was truly inspiring. They emphasized the importance of good manners in our daily lives and how they can positively impact our interactions with others. Thank you for sharing such valuable insights with our school community!

22 August
2024

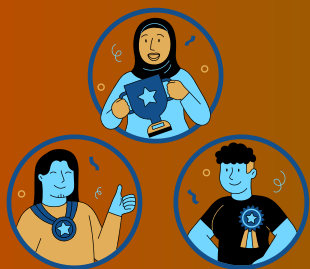


"Our Grade 7C students delivered a captivating presentation on the essential qualities of respect and manners during a recent assembly. Their insightful words resonated deeply with the audience, emphasizing the profound impact these qualities have on our interactions with others. Respect and manners are the cornerstones of harmonious relationships, peaceful conflict resolution, and a thriving community. By embracing these values, we can foster a more positive and inclusive environment for all. Learn more about the valuable lessons shared by our talented Grade 7C students in our upcoming issue."



23 August
2024

"In a recent assembly, our PEACE CLUB students captivated the audience with their presentation on 'Resilience and Respect: Power in Persistence, Grace in Respect.' Their insightful message about the significance of these qualities left a lasting impression on all who attended. Learn more about the impact of this inspiring presentation in our upcoming issue."



Petrines of the month



We are delighted to announce that on 7th August 2024; Fr. Justin Thiraviam, our esteemed Principal, recognized and appreciated the Best Petrines of the Month. Each month, we honor the best students from each class, from UKG to Class 10, for their outstanding achievements. These awards are based on overall improvement, including academic excellence and co-curricular growth. The exceptional students were awarded badges as a token of their hard work and dedication. Congratulations to all the recipients! Keep up the excellent work!





Monday **05 AUG 24**

- PT-2 in subject HINDI & SOCIAL STUDIES will be conducted in the zero period. All the class teachers and co-teachers will be on duty as usual. Wish you all the best.
- SEA GRADE ROUND 2 also begins from today.
- Dear Class Teachers and subject teachers, please be informed that there will be no further collection of holiday assignments. Students were given adequate time to complete and submit their work.
- Kindly commence the evaluation of these assignments and record the grades accordingly. Once the evaluation is complete, please return the assignments to the students promptly. To avoid clutter in the staff rooms, please avoid accumulating these assignments.
- Please note that the third Saturday activities for the month of August will be held on August 17, 2024. A detailed planner for the entire month has been uploaded to your Google Classroom. We encourage you to check it regularly to stay updated about the activities. Your respective teachers will inform you about the materials required for each activity.
- Please be informed that a quiz activity will be conducted for all students from Classes 1ABC to 5ABC tomorrow, 6th August, 2024. We request all concerned teachers to ensure the smooth and efficient conduct of the quiz.
- Dear Students, please note that an internal monthly assessment for the subjects Value Education and Catechism will be conducted on August 9, 2024 (Friday)



Tuesday **06 AUG 24**

- A quiz activity will be conducted today for all students of classes 1ABC TO 5ABC. Concerned teachers are requested to ensure that the quiz is administered smoothly.
- Today is Charity Tuesday. Charity boxes will make a round to your class rooms. Let's all be generous and show our support!
- Subject teachers of HINDI (classes 6ABC to 10ABC) are requested to submit the syllabus to Mrs. Rajita for the upcoming PT-2 on Monday 12-8-24. Same to be given to the students today itself.
- I am delighted to announce the names of the Best Petlines for the month of July 2024.
- All students are expected to complete their pending works. Failure to submit completed work on time will result in suspension for 1 month.



Wednesday **07 AUG 24**

- PT-2 in subject EVS & SCIENCE will be conducted in the zero period. All the class teachers and co-teachers will be on duty as usual.
- Submission of holidays homework begins from today. Hope all have brought the English holiday homework.
- SEA GRADES ROUND 2 begins from next Monday 5th August 2024, kindly plan out the activities well related to the subject.
- I hope that the zero period is being utilized judiciously by both the students and the teachers.
- Manage your time well and complete all your pending works in time and get your note books checked. Revise your chapters well and practice maths on daily basis.
- It has come to our attention that a group of students are damaging school property. This is unacceptable and will not be tolerated. We expect all students to treat school property with respect. A clean and well-maintained school environment enhances the learning experience for everyone. Let us work together to preserve our school for future generations.



Thursday **08 AUG 24**

- Please be informed that the syllabus for the upcoming PT-2 examination in Hindi will be uploaded to your Google Classroom today. Thoroughly review the syllabus to prepare effectively for your PT-2
- Today is SEA GRADE in subject HINDI /SOCIAL STUDIES
- Dear Teachers, please be informed that the revised recess duty schedule has been placed on the staff room notice boards. Kindly review the schedule carefully and adhere to the assigned duties accordingly.
- Dear Teachers, A Debate Competition is scheduled for August 13, 2024, involving students from classes 6ABC to 10ABC. This event offers a valuable platform for students to hone their public speaking and critical thinking abilities. Your encouragement and support are instrumental in inspiring student participation. Please ensure that debate topics are provided to students well in advance to allow ample preparation time.
- Dear Class Teachers and Subject Teachers, Please be informed that all holiday assignments have been collected. There is no need for further submission of holiday homework.
- We have noticed that some students are still turning in assignments. Kindly inform students that no more assignments will be accepted.



Friday **09 AUG 24**

- IMA in subject V.E/CATECHISM will be conducted in the zero period. Class teachers and co teachers will be on duty as usual.
- Today being Friday first period will be V.E/CATECHISM.
- SEA GRADE: Today is SEA GRDAE in subject HINDI (for classes 6 TO 10ABC)
- Prepare well for your Hindi PT to be held on 12/08/24 (Monday) (for classes 6abc to 10abc)
- There will be an internal monthly assessment for G.K and HPE on August 16, 2024 (Friday). Concerned teachers are requested to share the syllabus with the students.



Monday **12 AUG 24**

- PT-2 in subject HINDI will be conducted in the zero period. All the class teachers and co-teachers will be on duty as usual. Wish you all the best.
- Class Teachers of Classes 8ABC to 10ABC: Please collect the consent forms from students regarding the Independence Day celebrations at MA Stadium, Jammu, which were distributed on Friday. Make a list of students who have submitted the consent forms "stating yes" and submit it to Mr. Surinder in the school office after the first period.
- Please note that the third Saturday activities for the month of August will be held on August 17, 2024.
- Dear Students, please be informed that there is a change in the school timings. This information has been uploaded to Google Classroom for your reference.
- Kindly inform your parents, van drivers, auto drivers, or any other transportation providers about the change in school timings. Please ensure they drop & pick you up from school on time.



Announcements

Tuesday **13 AUG 24**

- A debate activity will be conducted today for all students of classes 6ABC TO 10ABC. Concerned teachers are requested to ensure that the debate is administered smoothly.
- Today is Charity Tuesday. Charity boxes will make a round to your class rooms. Let's all be generous and show our support!
- Dear Students, please note the following regarding the Independence Day celebrations:
- Tomorrow, 14th August will be a half working day.
- School will conclude at 10:30 AM after the Independence Day celebrations.
- Please inform your parents to make necessary arrangements for your pick-up, including informing auto and van drivers about the early dismissal.
- 15th August will be a holiday in observance of Independence Day.
- Dear Concerned Teachers, please note that periods 1, 2, and 3 will be dedicated to practice for the Independence Day celebrations. In-charge teachers for various items must be present with their students during these periods.
- There will be an internal monthly assessment for G.K and HPE on August 16, 2024 (Friday). Hope that the Concerned teachers had shared the syllabus with the students. Kindly prepare well for the same.



Announcements

Friday **16 AUG 24**

- G. K/Hpe IMA will be conducted in the zero period . Class teachers and co teachers will be on duty as usual.
- Today being Friday, first period will be V.E /Catechism. Catholics students must reach their respective venues after the zero period.
- Competitive activities will be held tomorrow in the first and second period. Tomorrow will be a full working day . We shall follow Tuesday's time table.
- Dear Students, Please be informed that there will be no PT 3 this term and in term 2. Class teachers, kindly inform the students in your own way.



Announcements

Saturday **17 AUG 24**

- We are following Tuesday's timetable today.
- Competitive activities will be held during the first and second periods. Class teachers and co-teachers will be on duty as usual. Mrs. Sanmeet will be the overall in-charge for supervising the activities, assisted by Ms. Sonika Datta. The top three articles or projects from each class should be brought to the school hall five minutes before the end of the second period.
- Today is the final day for notice board decoration. I have observed that many are still incomplete. Please ensure all notice boards are fully decorated during the zero period. No student should stay back for this purpose.
- Monday, August 19, 2024, will be a holiday in observance of Raksha Bandhan. Wishing everyone a joyous and blessed Raksha Bandhan!
- SEA Marks Round 2 will commence on Tuesday, August 20, 2024. Please note that these SEA Marks are crucial as they contribute 5 marks to your Term 1 exams. There will not be a Round 3 for SEA Grades or SEA Marks. Ensure your attendance for SEA Marks Round 2.
- Subject teachers are requested to post the required materials for SEA Marks on the respective WhatsApp groups.
- An Internal Marks Assessment (IMA) for Urdu/Dogri will be conducted on August 24, 2024. Concerned teachers are requested to provide the syllabus for the same to the students.



Announcements

Tuesday **20 AUG 24**

- Today is Charity Tuesday. Charity boxes will make a round to your class rooms. Let's all be generous and show our support!
- Today is the day for SEA MARKS in subject mathematics.
- Dear Students, as you know, the Science Olympiad Foundation (SOF) conducts various Olympiads annually. To participate in these challenging and rewarding competitions, please bring a fee of Rs. 150 to your respective class teachers by tomorrow. Mrs. Sanmeet will distribute the Olympiad registration forms to all class teachers (from 3abc to 10abc during the zero period today, along with Ms. Sonika Datta. Don't miss this opportunity to test your knowledge and compete with students from across the country!
- The medium of instruction and communication on campus is English. Kindly adhere to this language policy at all times.
- Dear Class and Subject Teachers, Please refrain from assigning students any tasks related to notice board decoration or other duties outside of the zero period.



Wednesday **21 AUG 24**

- Let us extend our heartfelt gratitude to the students of Grade 7B for their excellent work in conducting today's morning assembly on the topic "Manners Matter: Politeness Opens Doors." Under the guidance of Mrs. Neha Sotra, these students have demonstrated their creativity, teamwork, and commitment to promoting good manners and values. Thank you, Grade 7B, for a wonderful and inspiring assembly.
- Today is the day for SEA MARKS in subject EVS / SCIENCE.
- Please take note that our internal monthly assessment will be held on Saturday, August 24, 2024. Remember: Missing the assessment is not an option. Please ensure that you are well-prepared and present on the scheduled date.
- Please be informed that students who fail to complete their classwork, do not submit their notebooks, neglect to get their diaries signed by their parents, or exhibit irregular attendance will face disciplinary action. Consequences: Students who repeatedly disregard these requirements will be suspended for a period of one month and will not be eligible to participate in the Term 1 examination. We urge all students to take this matter seriously and ensure that they adhere to the school's guidelines. Your academic success and progress depend on your active participation and commitment to your studies.



Thursday **22 AUG 24**

- Today is the day for SEA MARKS in subject HINDI/SST.
- Dear students, remember that prayer is a sacred and pious time of the day. It is essential to maintain a calm and quiet atmosphere during this period. All students are expected to stand properly and respectfully throughout the prayer.
- Dear Teachers, please be advised that students should not be sent out for any practices or activities except the zero period unless prior approval is obtained from the administration. To ensure that students have ample time to complete their academic work and participate in other school activities, it is recommended that practices be conducted during the zero period.



Announcements

Friday **23 AUG 24**

- Today being Friday, first period will be V.E /Catechism. Catholics students must reach their respective venues soon after the zero period.
- Saturday will be a full working day and we shall follow Wednesday's time table.
- IMA in subject URDU/DOGRI will be held tomorrow. Prepare well for the same.
- Dear Class Teachers, as we celebrate Respect and Manners Week, I kindly request that you dedicate a few minutes of your class time to emphasize the significance of these essential qualities. Also, ensure that students are guided and instructed to follow the proper walking etiquette within the school premises.





For more updates and information,
visit our school website:



www.stpetersjammu.org

ST. PETER'S HIGH SCHOOL

B. C. Road, Jammu

Affiliated to CBSE