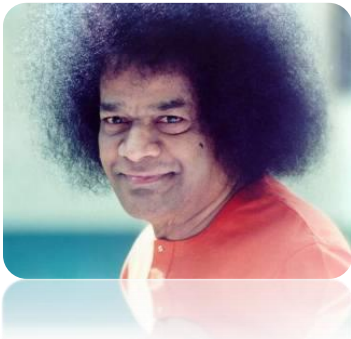




Sathya Sai School

Toronto, Canada

Parent Information Letter # 7 | Mar/Apr 2022



“Let the urges for Truth, Right Conduct, Peace, Nonviolence blossom in children’s hearts. These spiritual treasures alone can ensure happiness and joy.”

~Sathya Sai Baba

Hybrid Learning Apr 25-
May 6

Children Helping
Children Apr 19-May 17

Sai Baba Commemora-
tion & Human Values
Day Apr 22

Earth Day Apr 26

Walk for Values Food
Drive May

Victoria Day (No School)
May 23

**Voices of Future Leaders:
Public Speaking Medalists 03**



**Journey thru Covid:
Mini Spring Concert 14**



**Children Helping Children
April 17-May 17 25**



**Integrated Learning in the
Classes 27**



From the Principal's Desk

Revathi Chennabathni

April 24, 2022

Dear Parents and Well-wishers of Sathya Sai School,

The successful opening of Sathya Sai School for in-person learning effective April 4, 2022 was short lived during challenging Covid times. As the decision for in-person learning format was contingent upon the number of COVID cases and due to spike in COVID cases, all classes will return to Hybrid Learning Format from April 11 to May 6, 2022.

The After School Program will be offered starting from May 2, 2022. Details on the program will be emailed to parents

The Provincial EQAO (Educational Quality and Accountability Office) examinations for Grades 3 and 6 will not be administered this year. This decision not to register Sathya Sai School for EQAO examinations for the school year 2021-2022 has been taken in light of the rise in COVID cases, isolation period and switch in learning formats and the impact of these sudden changes on students and their families. Thank you for your understanding and cooperation in this regard.

Wishing you and your families a safe and healthy Spring.

Sincerely,
Revathi Chennabathni



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Upcoming Events

Hybrid Learning: Apr 25 - May 6

Hybrid extended due to increased Covid cases.

Children Helping Children:

Apr 19 - May 17

Students log extra cores and make sacrifices.

Sai Baba Commemoration & Human Values Day: Apr 22

Flag raising, Gratitude to Founder video, games.

Earth Day: Apr 26

Students clean Mother Earth by picking up litter around school.

Walk for Values Food Drive: May

More details to come.

Victoria Day Holiday: May 23

In-class presentations.



Voices of Future Leaders – Public Speaking Medalists

Public Speaking Medalists

Primary Division

Gold	Aria Chandel
Silver	Mahir Jain
Bronze	Veer Saini Rabshan Ali Raza

Primary & Junior Divisions

Gold	Prajval Mamilety
Silver	Sahasra Parakat
Bronze	Iman Ali Raza

Junior Division

Gold	Aaran Neethan
Silver	Abisha Amalan
Bronze	Divya Taneja

Intermediate Division

Gold	Sophia McLennon
Silver	Ananya Mishra
Bronze	Vardaan Desai Faith Mary Febin

It was both thrilling and heartwarming to listen to students sharing their thoughts and feelings on topics they considered important to communicate to their peers and teachers. They also interwove human values with their subject, creating a tapestry worthy of inspirational speakers.

The school's major annual Public Speaking Competition was held from March 21-25 at Sathya Sai School, coordinated by Mr. Sam Nankivell, grade 7 teacher. From March 21-24 students from grades 1 to 6 gave in-class presentations of their prepared and memorized speeches, which were then marked by class teachers

according to a detailed rubric. Content of a speech was important, however, various aspects of the delivery of the speech were weighted even more.

Three finalists were selected from each class for the school-wide Finals held in the gymnasium on March 25, 2022. The Intermediate finalists gave extempore speeches on a topic picked only 30 minutes prior to delivery. The Finalists competed in four groups: Grades 1/2 (Primary Division), 3/4 (Primary & Junior Divisions), 5/6 (Junior Division), 7/8 (Intermediate Division). The Panel of Judges each were comprised of three teachers.

Medalist Awards were given to Gold, Silver, and Bronze winners; tied marks resulted in two winners in some divisions.

Medalist Speeches

PRIMARY DIVISION

GOLD MEDALIST

Aria Chandel, Grade 1

"Why People Should Not Litter"

Earth is giving us everything for our living but what are we giving back? Litter, is that okay?

Good morning respected principal, teachers, and my dear friends. My Name is ARIA, and my topic is "WHY PEOPLE SHOULD NOT LITTER"

It is very interesting how we all want to live in a neat and clean house but choose to keep our surrounding dirty by littering around. Do you think only keeping our house clean is enough for healthy living? NO

Well, it really amazes me seeing how people throw juice boxes, chip packets, bottles, cups, and left-over food around the garbage bin instead of putting it inside.

Every garbage bin has labels and pictures for easy understanding, but people ignore it.

Zoo, beach, park - wherever you go you see litter.

"Litter litter everywhere but no cleanliness to be seen.



God has given us such a beautiful planet but why can't we respect it? We should treat earth as our home and not a litter ground.

Litter on ground only brings diseases and illnesses which we don't want.

To bring a healthy change in our society, all we need is just a small change to our mindset and a great teamwork.

By keeping the litter inside the garbage bin, we can keep our surrounding clean and healthy. Isn't that easy my friends.

An act like this, leads with example.

We can show the value of truth and right conduct by taking appropriate action. Firstly, when we see garbage bins are full, we should call CITY to empty it.

Secondly, if we see someone throwing garbage on the ground, we should ask them to put it inside the bin.

Think about it my friends, if all of us do our part and take care of disposing garbage in a proper way, then our Mother Earth will be much cleaner and healthier.

I want to end my speech with the quote spoken by Sri Sathya Sai Baba – "Being a good example is the best form of service," so let's take steps together, and act responsibly in keeping our planet clean.

Thank you everyone for listening to my speech.

SILVER MEDALIST

Mahir Jain, Grade 2

"Cricket, a team sport"

Hello everyone. My name is Mahir Jain and today I will be talking about Cricket, a team sport.

Cricket is a bat and ball game played between two teams of eleven players each, on a field with a 22-yard pitch in the centre. It is a team sport that originated in England in the 16th century and has become one of the most popular sports in the world.

Ever since I have started learning cricket, which is around a year back, I have begun to explore more about the game by watching matches, YouTube videos, documentaries on cricket legends and passionately discussing the sport with my family and friends. For me this journey has just begun, there is lots to discover and evolve.

In the process of learning this team sport, it is teaching me many important life lessons, some of them are:

1. Discipline – to dedicate time for consistent practice and stay focused.
2. Teamwork – to understand the strengths and weaknesses of teammates in order to be able to support and encourage each other.
3. Failure – not all games are won, there are times we have to accept defeat but learn from our mistakes and work towards not repeating them, and,
4. Success – the joy of winning a game is amplified when we win as a team, these moments are the true reward for all the hard work put in by the team.

Therefore, I think everyone should play at least one team sport as we play together, win together, lose together, and grow to be a responsible team player.

In conclusion, while playing a team sport, if we practice all our Five Human Values – Truth, Love, Right Conduct, Peace and Nonviolence, then it will not only help us become a good sports person but will also help in building our character. A legendary cricket player who I feel demonstrates these values in him, is my inspiration – Sachin Tendulkar, who has been an ardent follower of our Founder Sri Sathya Sai Baba.

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

BRONZE MEDALIST

Veer Saini, Grade 2

"Everything About Video Games"

–Oh no! The aliens are invading

-Duck and hide, roll into the ditch

- Let's get our laser guns ready - pew pew pew

- There's more than we expected - we are outnumbered!

- RUN!!

Does that sound familiar to you? If it does you might just be a gamer. There is nothing like the rush of playing - the heartbeat racing, the button-smashing excitement of evading an enemy.

But it's not all fun 'n games

Hello to one and all, my name is Veer Saini and today I'll discuss everything about videos games.



Many spend a few minutes to hours playing video games and spend way too much time in front of the screen.

But have you ever wondered if Video Games are good or bad for you?

Is there anything positive about it?

Well today we can look at both opinions, so let's get the ball rolling.

Psychology wise

We get addicted to playing games for hours and hours and letting go of our regular activities like doing homework; daily chores and more

We tend to think about it even while we are doing other activities

All of this results in us becoming anti-social, showing aggressive behavior, lying to our parents and secretly playing it when we should not

Another way to look at this could be that playing video games could help manage your daily activity and there is better hand-eye coordination. Also at times, it can improve the way you're feeling, if you're sad then playing your favorite games may make you happy.

So how would you trade this off?

Well let's look at how it affects in our Academics

The time spent on playing games impacts the performance at school and lack of concentration and keeping focus.

It can improve our multi-tasking; creative and problem-solving skills but long hours of playing and being addicted to it will only push us back in our academics and growth at school and outside of school.

And how does it affect our Physical Health?

Continuously staring at the screen will result in poor vision and that can result in headaches and dizziness and much more.

Lack of physical activities make muscle and joints in our body go weak and we become obese. Hands and fingers may become numb after playing for long hours.

Best is to choose the games that allow movement and activity like treasure hunting activities such as geocaching.

How about the Skills? Well...

Children playing video games end up spending most of their pocket money or hard-earned money in buying the games or consoles.

Children also cannot decide and manage their time effectively and perform poorly in everything they do.

They are confused between what is real and what is not real and try to mimic bad behaviours in real life.

Children can pick wrong language and behaviours that seem right to them but risky to people around them.

Video Games have two sides to them, you choose whether it's good for you or bad. Yes, it can help with concentration and focus but it only lasts for a short period of time. It is only good for you as long as it's not an addiction. So, what do you choose and choose wisely?

BRONZE MEDALIST

Rabshan Ali Raza, Grade 2

"There is no exercise better for the heart than reaching down and lifting people"

Good morning Dr. Revathi, Miss Gadhavi, and my fellow students. My name is Rabshan Ali Raza and I am from grade 2. today I am going to talk about helpfulness. Helpfulness is reducing the burden of others or in other words making others' life easy in any way possible. Our ancestors used to say "You are blessed if you are in a capacity to help others."

You can help others in many ways. For example:

You can help others physically by holding the door open for the person next to you, helping carry groceries and throwing out the trash.

You can help others emotionally by listening to someone who had a bad day, you can help reduce their stress by simple acts like hugging them or massaging their head.

You can help others monetarily by giving your used items to Goodwill or charity. You can help collect items for food banks or other charities.

You can help people with your knowledge. For example, teaching someone how to use a phone or a laptop or helping your younger siblings with homework goes a long way.

Remember one should help others without expecting anything in return. As by helping others you are doing a



virtue that only God can return. Helping and expecting something in return is a trade, not a virtue.

All the religions in the world teach us to help others. They say God has given us two hands, one to help yourself and one to help others and they also rightly say we can rise by lifting others.

One should never miss any opportunity to help others and when you make others' life easy God makes your life easier tenfold.

I would like to end my speech with a quote "Helping others is not only a responsibility of life BUT it gives meaning to life."

Thank you all for listening, have a great helpful day :)

PRIMARY & JUNIOR DIVISION

GOLD MEDALIST

Prajval Mamilety, Grade 4

"Dedication"

We all dream and we dream big! Some dream of becoming doctors, engineers, astronauts, politicians, while others may dream of becoming rich or having big houses, traveling the world. But what can we do to achieve these dreams?

Salutations to all, I am Prajval Mamilety and today I will talk about a significant sub value that is necessary for our lives to achieve our dreams. This value is**"Dedication"**.

Dedication is putting total effort into achieving your goal. It is devoting ourselves to our dream. It is also a strong commitment. When someone says I dedicate myself, one means they are very passionate about it and will do anything to achieve it. Dedication is the key ingredient for success.

"Dreams and Dedication are a powerful combination," said William Longgood. This means, with dedication, all our dreams can be fulfilled. It all starts with having a passion for our dreams, the next step is having determination. But, just having determination is not enough. Determination is nothing without dedication. Dedication is the action while determination is the

thought. Determination helps to stick to your goal while dedication helps to achieve it.

Buddha said, "Your work is to discover your world and with all your heart give yourself to it." This means discovering what you want to achieve and working towards it with dedication.

This quote reminded me of Terrance Stanley Fox also known as Terry Fox. He was born on July 28, 1958, in British Columbia. When he was 18 years old, he was diagnosed with bone cancer in his right leg. At the hospital, he saw young kids having a similar problem. He felt sorry and wanted to help them. He planned to run across Canada from East to West. Why? So that he can raise money for cancer research. He started his journey on April 12th, 1980. He ran for 143 days and 5,373 km and raised over \$24 million before he died. Now people have raised over \$800 million in his name in The Terry Fox Foundation Centre which is helping scientists find a cure for cancer!

We have stories of many people, both in scriptures and in societal life, who dedicated their lives to their passion: Satya Harischandra for telling the truth, Sibi Chakravarti for helping others, Jesus for spreading love. Mother Teresa, Nelson Mandela, Martin Luther King Jr, Mahatma Gandhi, Einstein, Edison are some examples. There are a lot of examples of dedication in our daily life too. Parents dedicate their lives to giving the best things to their children. Teachers dedicate themselves to making us better people and thus making society better. The military dedicates itself to saving the country at the risk of their own lives, so do doctors, police, firefighters. Dedication may not necessarily be only in good results. Some people are negatively dedicated to their lives.

You all might be thinking, he is speaking a lot about dedication, giving so many examples but how do we dedicate ourselves to our goal? I have listed some steps, you can also come up with more, and let's share.

1. Think about what you want to achieve
2. Make it your dream
3. Identify the ways to achieve the dream
4. Choose a path to success and work very hard to achieve your goal
5. Find where you need to improve
6. Most importantly, never give up on your dreams!



I want to end my speech by thanking all the people who have dedicated their lives to give us this good society. I have learned that with dedication, we can achieve any goal that we have. Hope you learned something from my speech. I want to thank my teacher Mrs. Vora, my school, and my principal Dr. Revathi for giving me this opportunity to speak. Thank you all for listening!

SILVER MEDALIST

Sahasra Parakat, Grade 3

“Words Matter”

Good morning/afternoon everyone.

Today I’m going to take this opportunity to talk about how words matter. I would like to start my speech with a quote by our Founder, Sathya Sai Baba. Baba said, “Before you speak, ask yourself, is it kind, is it necessary, is it true, and is it helpful?” The value that connects to my speech is empathy. Empathy means putting yourself in others’ shoes. That means you think about how you would feel if you were in the situation the other person is in. When we practice this value, we realize that we need to be mindful of our words as a string of words that don’t mean much to us may stick with someone else for a lifetime. Remember this: words can only be forgiven, not forgotten.

Two weeks ago, when my grandmother left for India, I gave her a hug and said, “I love you.” That brought her so much love that no expensive gift can replace her feeling. Most times when you say something good to someone, they respond in a nice manner. Think of a time when you said “Thank you” to someone and how did they feel?

Martin Luther King Jr. showed the power of words with his “I have a dream” speech. His speech forced people to come together to fight for equality. He thought that violence was not the way to solve a problem to make it happen. This is a perfect example to show that using words are very powerful. His speeches were some of the most powerful speeches that brought about awareness.

Next time you are mad use the THINK method to help you.

T means – is it true?

H means – is it helpful?

I means – is it important?

N means – is it necessary?

K means – is it kind?

This is like a breathing exercise; by the time you answer all the five questions your brain will automatically choose the right words. Brian McGill said, “Words are powerful. Words change lives. Words and ideas can change the world.”

You should always have an imaginary filter in your mind to take out bad words. If you say something hurtful to someone, do not hesitate to apologize. Knowing is not enough, we need to apply. Willing is not enough, we must change. I would like to end my speech with another quote. Sathya Sai Baba said, “Do not use poisonous words, for words wound more fatally than arrows. Once we surrender our mind completely to God, he will take care of us in every way.”

Thank you for listening to my speech and I hope you have a wonderful day.

BRONZE MEDALIST

Iman Ali Raza, Grade 4

“Generosity”

“The most truly generous persons are those who give silently without hope for praise or reward.”
by Coral R. Brink.

This thought makes me wonder if people are generous for fame.

Hello, Ms. Vora and my fellow students, my name is Iman Ali and the topic of my speech is generosity and how giving is the best way of living.

So the question for today is “What is generosity?”

Many people think generosity is just giving. This is not the case though. It means giving someone in need, without any intention of getting back and to give something also important to you. Giving something useless or unimportant is not true generosity. If you have only one meal and you see a hungry person, sharing that meal with him is true generosity because you are also hungry. And you are expecting nothing in return,



Brian Tracy says, "Always give without remembering and always receive without forgetting".

Generosity is a chain and a ripple. When you give and be kind it creates a ripple effect. You try to be kind to one person, that one person likes your act and tries to be kind to another, and that other person tries to be kind to another. Surely your one gesture of generosity will make the world a better place.

"Generosity is the most natural outward expression of compassion and loving-kindness"- Dalai Lama.

You know it is not hard to be generous, here are some simple steps to practice generosity.

- Start small
 - Trying giving something small every day
- Make donations
 - Donate your clothes, toys, books etc
- Volunteer
 - Volunteer your time and knowledge to help others
- Compliment
 - Compliment others and bring a smile to their faces

These small, kind and generous acts can lead to a better tomorrow.

We all should never waste any chance of being generous. I would like to talk about a story about Mola Ali (who was the nephew of Muhammad and son in law of Prophet Muhammad). Once he was praying and a beggar came and asked him for help. Since he was praying, he could not do anything but he did not want to miss a chance of being generous. He raised his hand towards the beggar to take the ring off of his finger. In that way, he helped the beggar and still kept on praying.

I have heard from our ancestors that if you feel that you are getting tight or short on funds, try giving out or donating and see God's grace in the way of returning the money to you in a hundred folds.

When giving is more about you than the other person it is selfishness. No matter how generous or lavish the item you are giving is, if your intention is getting back something in return then both of you are better off without it.

Generosity is regarded as a virtue. It gives happiness to not only the person you are giving to, but it also gives you happiness. It says in the Quran, "Whatever one

gives away generously, with the intention of pleasing God, he will replace and multiply. God knows what is in the hearts of men."

Generosity has proven to be good for your overall health. Generous people are proven to be more fulfilled, more satisfied, happier and not to mention more productive at home and their workplace.

In short, let us try to be good, kind and generous people in this harsh world. Let's try to think about others before ourselves. God will return our deeds in a thousand fold to us. This speech is just a reminder that giving is the best way of living. Thank you for listening.

JUNIOR DIVISION

GOLD MEDALIST

Aaran Neethan, Grade 5

"PAIN - Positive Attitude in Negative Times"

I would like to start my speech with a question. When was the last time you were in PAIN?

When I asked this question, you may have thought about the last time when you were in physical pain or maybe even in mental pain. However, I am not going to talk about those types of pain. I am going to talk about having a Positive Attitude In Negative times.

Good morning Mrs. Sharma and my fellow classmates. As we all know, Covid has been around for more than 2 years now. We are all going through so much. In 2020 alone, over 225 million jobs were lost because of the virus! There was a sudden spike in homelessness and there have been over 6 million deaths worldwide. Our lifestyles have changed dramatically. Almost everything is online, we have not been able to go on field trips, walk for values, and we couldn't even do our year-end concert with a live audience.

That is not all. Rumors of world war 3 are spreading like wildfire because of these issues between Ukraine and Russia. With all that's going on it may even be impossible to be positive during these Negative times. It is hard to have a positive attitude. It is hard to stay



hopeful. It is hard to be happy. But we must! We must persist!

The only way to stop this is by having a positive attitude during negative times. In others words, optimism. We should constantly be looking to find optimism in our daily lives. Finding something to be thankful for, whether it be spending time with your family or even laughing at a joke. These actions will definitely keep you away from anything negative. Oh at this time I remember a powerful quote, "Being positive isn't pretending that everything is good, it's seeing the good in everything" - Anonymous. How true is this quote??

If you can't see positivity in negative times, you should always turn the negative times into positive situations. Let me give you an example. Even though we have been online for almost three years, we all have become really close with our loved ones, we have learned to help others, we have learned to appreciate the front line workers, we have learned to slow down in our life and most importantly we have reduced air pollution. So we already learned to see positivity in negative times.

In order to stay positive, we must not think negative thoughts. Thoughts are a powerful tool for success in the world. Positivity is not a trait that we were given at birth, it is a skill that can only be learned with time. So start thinking positively because time isn't going to wait for you. In some situations, it is easier to be positive but in other situations, it is more difficult. When everything is going against you, that is the time you should surround yourself with positive people, that is the time you should see light in the darkness and that is the time that you should rise into the spotlight and be more confident than you have ever been. We should embrace the challenges along the way with positiveness.

Positive energy and negative energy are both contagious. However, let us not let the negative energy be contagious. Let our hope be contagious. Let our aspirations be contagious. Let our positivity be contagious.

When you are a positive person and are constantly acting joyful and happy, the people around you start acting that way too.

My friends, when you only think and worry about the problems you will be stopped at the same point. Be positive and face the challenge. Live as an optimistic

person because it makes life a much more enjoyable ride.

We should be courageous enough to face the problem and face optimistic solutions. A positive person sees the opportunity in every difficulty. I can resonate this with a famous quote from Martin Luther King Jr.

"If you can't fly then run if you can't run then walk if you can't walk then crawl, but whatever you do you have to keep moving forward."

Positivity is a gateway to a happier and healthier world and we will get there one step at a time holding each other's hand. When positivity is going to heal the world then why not be positive?

Positivity brings happiness, and negativity gives sadness, the choice is yours.

Stay strong, stay positive and never give up!

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

SILVER MEDALIST

Abisha Amalan, Grade 6

"What The World Needs Most Right Now"

Imagine a world in which there are no conflicts or wars. Where creatures of all shapes and sizes live together in unity. This magical place has only ever existed in our wildest of dreams but what would it take to make these dreams a reality.

Good morning Dr. Revathi, staff, and fellow students. Today I will be talking about what the world needs most right now.

Answering the main question for this speech, I believe that the world currently needs peace the most and always has.

Many would probably agree that maintaining peace is of great importance, however, have you ever wondered what the outcome of this would be. If all of us were to co-exist in the midst of brutality and conflict, there are many problems that could arise. For one, there would be higher mortality rates, more people suffering from mental illness, pollution due to the use of explosive weapons, and many more. Take the example of the ongoing war between Russia and Ukraine. It has taken



the lives of many innocent civilians, impacted people's physical and mental health as well as forced many to evacuate and flee their homes. On the contrary, if all living beings existed in harmony, we would be able to sustain our current communities as well as build new, safe, and resilient ones. This is because there would be no continuous destruction caused by wars. The residents of these communities would lead happier, healthier, and more free lifestyles as they wouldn't be exposed to the chaos and dangers of major conflict. It would be easier to uphold justice, security, and stability among all citizens.

As you can see, there are many positive effects of living in a peaceful society, however, there are actions that need to be taken in order to do so. Firstly, it is essential to identify all the factors that could contribute to war. Possible causes of civil conflict are economic or territorial gain, power, inequity, vengeance, political repression such as human rights violations or crimes against humanity, and much more. Next, we need to think of effective ways to eliminate a majority of these causes. This could include distributing important resources equally amongst everyone, sharing wealth fairly, treating everyone with respect, bringing out equality between all religions, ethnicities, and genders, as well as not resorting to violence as a solution to our problems. Lastly, we have to implement these strategies into our daily lives. It is important to remember that ending or containing a war is not an easy task as it takes much strength and determination.

There are also many influential leaders who peacefully fought for what they believed in while demonstrating that violence was never the answer. Mahatma Gandhi, Martin Luther King Junior, and Malala Yousafzai are some of them. Mahatma Gandhi advocated for the civil rights and independence of Indians. Martin Luther King Jr fought to end racial segregation and discrimination against African Americans. Malala Yousafzai fought for the right to education and equal treatment of women and girls. The main similarity between these three leaders is that they peacefully protested and lead non-violent movements.

To sum it all up, peace is our ticket to a brighter and more prosperous future. It is the path to economic stability and religious growth. Our goal should not be to aim for a perfect and argument-free society, instead, it should be to not let violence overpower peacefulness.

We as citizens also play a significant role in this journey. The decision lies within each and every one of us; we can either allow the world to be full of hostility and unjust or take a stand to make it a better and more tranquil place for all of us. Thank you!

BRONZE MEDALIST

Divya Taneja, Grade 6

"Social Hierarchy"

Okay, so we all know that in the animal kingdom, there is a hierarchy. First the lions, then the hyenas, the wolves, the leopards, cheetahs, other predators, then animals of prey. In the animal kingdom, the hierarchy is based on the survival of the fittest or in other words, who can survive the longest.

Whether we know it or not, there is a hierarchy in our society, though it is not as gruesome as the one in the animal kingdom. In simple terms, social hierarchy is a system of social organization in which individuals self-organize into groups and have different access to social and material resources.

Well, I did some research and realized that social groups self-organize into hierarchies. Members of each group organize themselves by power, beauty, influence, skill or dominance. At our age, this may be defined as what sports we play, how we do in school or even how our hair looks on one occasion.

From our early years, we learn to identify what is valued by our society – be it intelligence, speed, beauty or strength. We envy those people that have these qualities, and change ourselves to fit in with the new cool.

People often self-organize and are most comfortable in their hierarchies and sometimes they are born into them. So, we permit being categorized by putting ourselves into the hierarchy society thinks is most appropriate for us.

Here are some examples of social hierarchy in everyday life. Here is one example that applies to all of us. Our families! In our everyday home life, elders carry the most status, then parents, then children, then our pets.



Sometimes, there are even classes within the hierarchy! For example, with priests in a temple, the older and most experienced priests get the first order of matter.

Last but not least, school is one of the most prominent places that we see social hierarchy. It's almost like there is an invisible boundary between the different levels of hierarchy. In school, there are the popular kids, the athletic ones, the smart kids, and then the full out nerds. Along with having a status comes a network of social friendships and expectations, such as if you are popular, you are expected to hang out with the other popular kids, keep up with the latest trends and be "not boring".

For example, in a school-wide election, if somebody is more popular, they will still get more votes, even if they are not the best candidate. They will get votes because of their high social status, and because people that share their status are sure to vote for them.

Ever since the beginning of time, social hierarchies have always been there. In the Early Dynastic Period, Egyptians had social hierarchies as well. By being at the top of the hierarchy, by being a pharaoh, you were ensured food, shelter and many other luxuries. At the bottom of the hierarchy, the servants and slaves were forced to work in gruesome conditions for their entire lives! Also, in this example, pharaohs and slaves are actually born into their status. The unfair part about this is that society doesn't give you a chance to move up in the hierarchy, but rather just judges you based on your family's status.

Even with apes, who are our cousins, there is an extremely prominent social hierarchy. The alpha male always gets first pick, then comes his closest allies and other males. After, the females get food, starting with the alpha female, her closest allies, and then children get last pick.

I'd also like to share a fascinating study with you. The study shows that people look, attend to and follow the gazes of high-status humans more than they do so with low status people. High-status people were also more likely to be remembered better. However, low-status people display more empathy to others' pain, and they understand others' perspectives better. Think about it, is this correlation or causation?

From my understanding, the low-status people have been through more adversity in life and therefore, have

developed more empathy for others. Well, now that we've learnt all about social hierarchy, do you think it is good, or it is bad?

At first, without doing any research, I deemed social hierarchy a negative concept. Then, I thought about it some more, spent some sleepless nights awake and thought about this question, even did some research, and I came to the conclusion that hierarchy can be bad, but it can also be good.

For example, in a company, there must be a boss, and the boss has final say over his or her employees. Similarly, to run a country, you have a government that is led by the PM and several elected leaders. Canada would be in utter chaos much like the company without leaders.

On the other hand, there are some bad parts to social hierarchies. The entire concept of social hierarchy becomes bad when others use hierarchy to stifle the voices of those who are in a lower position and decide what and how much they get and what resources they have access to.

People in power often abuse their power, therefore suppressing others in many ways such as by not letting them participate in important conversations, not giving them access to resources such as clean water, or participating in political issues.

This makes the world more and more unequal. But, I found that the best way to live is with a balance of social hierarchy and equality. We need to always be challenging the norms and advocating for change when not everyone is included.

Hierarchy must be limited and controlled, but without it, our lives could be disorganized and chaotic. Now, I'll leave it to you to think about the different social hierarchies you've been put in, and how you feel when you experience them.

Do you stay in them because they are simply easier? Or, are they really helping you meet and surpass your potential? I urge you to think about your social hierarchies, and see if they are beneficial to your development. I hope you'll look at the world in a different way. Thank you for listening.



INTERMEDIATE DIVISION

The following are extempore speeches -students pick an unseen topic and have 30 minutes to prepare their speech.

GOLD MEDALIST

Sophia McLennon, Grade 8

"If you think your teacher is tough, wait till you get a boss"

Do you find yourself ever saying: "My teacher is so tough on us. They never let us do anything we enjoy. This. Isn't. Fair."

Good afternoon to everyone, my name is Sophia McLennon and I'm going to discuss how your teacher prepares you for an even bigger teacher.

You're conditioned to complain, especially in today's society. Life's hard on me, school's hard on me, my teacher is hard on me. Let's be honest, we've all been there. In a way, we can continue to complain or develop thicker skin.

This leads me to believe "at least I'll be stronger when I face the next guy!" If we ask ourselves this now – What's worse, having a tough teacher your parents pay for with tuition every year? Or having a tough boss who determines whether or not you'll have a monthly pay-cheque? Guess.

Teachers of all kinds mould your way of perceiving the world. At a point in my life, around sixth grade, my teachers were always encouraging me to do better, be better. At the time I thought, "Jeeze, stop nagging me." But the toughness a teacher expresses to you is misunderstood. It's care. Compassion. Love. Why would they go out of their way to make sure you're working at your full capability? Toughness? I think not.

A boss may care if you're bringing in enough, a boss may care if you're slacking, or if you're taking too many 'sick days'. But a boss doesn't care about you.

The word 'tough' has too many negative connotations. Ever heard of tough love? That's what I'd use to describe it.

So if you think, if you truly think your teacher is the bane of your existence, the toughest and meanest person you'll ever know – just wait until you get a boss.

Thank you.

SILVER MEDALIST

Ananya Mishra, Grade 7

"Go with the Flow"

Ananya's speech was not available in written form, as it was delivered directly from several bullet points.

BRONZE MEDALIST

Vardaan Desai, Grade 8

"Paying it Forward - Random Act of Kindness in the Community and its Impact"

Imagine you are walking down the streets of London and you see a poor man on the sidewalk. You are hit with a strong feeling of love, and this love compels you to show some kindness and donate some money to the man. Good Afternoon Judges, Dr. Revathi, fellow staff, and the entire population of Sathya Sai School. My name is Vardaan and I will be explaining the impacts of random acts of kindness and how far they can go.

Ok, firstly, let's see the continuation of my scenario from the beginning. So, after you give this man some money, he then went to use it for food or clothes. And wherever this man spent money, the store owner received it. And this money will help the owner feed and take care of his wife and kids. His kids will have the energy to run, play, and study. Wow, would you look at that? Because you decide to help one poor man, your act of kindness served as ignition to the smile on the kids' faces.

According to the UK mental health foundation, "Acts of kindness have the potential to make the world a happier



place. An act of kindness can boost feelings of confidence, being in control, happiness, and optimism. They may also encourage others to repeat the good deeds they've experienced themselves – contributing to a more positive community.”

Now here's a more personal example. A couple of weeks ago my friend Daniel's parents were both out of the house. It was about 4 o'clock in the afternoon and it was raining heavily. I saw him walking into the parking lot unknown to the fact his parents weren't home. I called him to my house and took care of him for one hour. His mother thanked me afterward and it was really wholesome and heartwarming. Who knows what would have happened?

In conclusion, when you pay it forward, that feeling of satisfaction inside you is truly indescribable. I believe if everyone showed one act of kindness per day the world would be a better place and remember, what goes around comes around.

BRONZE MEDALIST

Faith Mary Febin, Grade 8

“Why Does Evil Exist?”

Yin and Yang, the two halves of a whole, the mutual opposites, and a broad definition of balance and unity with each other, in contrast to light and dark, evil and pure if perceived in a certain manner. In other cultural interpretations, the human world and spirit world, living and dead, positive and negative energy. Overall, the two major aspects in life (evil, and pure) of human nature, spiritual concepts, artistic value and a self-made mindset. Evil is inevitable, similar to the pure and equal as death itself. Although the real question remains, “Why does Evil exist?”

For starters, the Bible, a sacred text followed by the majority of Christians, specifically states in the first pages of Genesis, where Eve, the first woman, or in other words, the empty vessel of the mind, becomes drawn by the persuasion of the snake or Satan the equivalent of evil, the malice that pours into this empty mind. Satan gives a fruit to Eve. On the contrary, God, the equivalent of pure and holy, denies this, saying ‘you can feast on anything you wish to, provided you don't

eat from this specific tree.’ Of course, Eve abandons God's faith in her and shares the apple with Adam, the first man.

Now from this text, this gives a detailed insight into how we humans can be blinded by the disguise of Evil. Our minds are strung like puppets unconsciously drifting deep into the evil absorbed. Our self-control and patience are lost, and we soon forget what we are meant to be. Evil exists beyond any explanation. Pure is to preach change and peace, truth and righteousness within us if we only let it. For instance, a coin has two sides, and we may observe one of the sides as evil or pure, but the coin will always remain a coin, with the same value. Just like human nature, evil and pure are like the two sides of that coin representing our perception and psychology.

Furthermore, Evil often leads. In life's milestones, we see every step we go. Once Evil teaches us, it will lead us to whichever path we choose to go. But how do we choose? It depends on you, whether your mind is controlled by desire and conflict versus serenity and will. Another example to provide, is how bullying brings up a huge toll at first. All those emotions feel as if time stops and there is nothing but hatred, ego, sadness, anger, until there is nothing but silence and chaos. Those are the emotions uncontrolled and you begin to feel numb. Your mind is the seed, and your ways will bloom into a rose with thorns if that is what you wish to believe. Evil is a universal concept. It resides in oneself. Evil cannot be born or strive without pure, and pure cannot live without evil. Just like Yin and Yang, Evil and pure will always have a symbolic connection, it only matters whether to accept it or not.





WELCOME TO MINI SPRING CONCERT

Year 2021-22

Journey through Covid with Grades 4 and 5

Dr. Revathi's Welcome



Greetings. I offer my obeisance to Sri Sathya Sai Baba, the Founder of Sathya Sai Institutions around the world, including our one and only Sathya Sai School of Toronto-Canada. Respected elders, staff members, parents, and students.

Welcome to Sathya Sai School's first ever Mini Spring Concert. We reached a new milestone every year in the history of our school since its inception in the year 2000. This year marks the first spring concert at our permanent home since its occupancy in 2016.

The last 24 months have been extremely taxing for families around the world. During this period, Sathya Sai School reported no school transmissions, only community transmissions. This is because of strict measures placed in our school by the directors, building management team and Sathya Sai School members in constant communication with the parents, ensuring the safety and well-being of our community members.

During this period, all educators ensured completion of class curricula despite all odds, be it online only or hybrid learning format. Our school's Founder Sri Sathya Sai Baba stated, that this school's building is not just bricks, beams, and mortar, but the teachers who mould the character of the students.

Despite the challenges of absenteeism, and frequent switching from in-school to online, grade 4 and 5 teachers, with their perseverance and patience, managed to put together this Spring Concert. The key deliverable of this concert is that all students enjoy the

process and participate with full commitment and passion.

The theme for this year's class performance is the Journey through COVID. Rightly so. Sathya Sai School's teachers, students, and parent representatives were working very hard to come up with today's beautiful presentation within a very short time frame and with limited support from anchor teachers due to Covid restrictions.

Mrs. Vora and Mrs. Sharma both did this on their own in less than five days, while teaching hybrid learning.

Thank you to each and every one of you for coming up with props for the concert.

Conformity to the protocols of Toronto Public Health
Overcoming challenges
Vemerging Victorious
Integrity of our actions
Dedicated to everyone's well-being

Sathya Sai Baba, school staff members, parents, parent patrol team, directors, as well as community members are my heroes, who have shown grit and resilience during the dark period and emerged as my heroes.

Who are yours?

Today's concert has been brought to you with love by the Sathya Sai School heroes: our students, a team of dedicated teachers, IT team, community members and parent representatives.

I request you all to enjoy the Mini Spring Concert.





Sathya Sai School

Welcomes you to our :
Grade 5 Mini Spring Concert
Year 2021-2022



Greetings from Grade 5 teacher, Mrs. Sharma

Welcome Dr. Revathi, Grade 5 Parents, and Staff members. It's been two long years of battling the pandemic. The only thing we kept reminding ourselves of was to be patient and to hold onto our hopes. So please sit back and enjoy this play presented by Grade 5 students, which takes us on a journey through the pandemic and also leads us to positivity.



The Grade 5 play, written by Mrs. Sharma, opens with a normal day at Sathya Sai School, with students having fun during recess and agreeing to be friends until their last days in the school.

Then in March 2020, the pandemic began and its effects could be observed everywhere – streets were almost empty and at Sathya Sai School students were standing apart with masks on their faces, looking very sad.

Everyone was staring at each other. They learned about the virus that spread through respiratory droplets and aerosols from an infected person. Students become nervous when someone doesn't wear their mask, or sings, shouts, coughs, or sneezes. Now they understand why they have to stay 2 metres apart.

Playing with friends has become very difficult with one's mouth, nose and chin covered all the time!





Hoping that life will return to normal, students learn that not everyone was following the health guidelines, with serious consequences. In a nearby restaurant, people are having a business party, enjoying desserts, while sitting close together and not wearing masks. The deadly coronavirus appears and ironically is wearing a mask. It humorously explains that the play is about social distancing and wearing masks, so it had to also wear one. The business people are unconcerned and in denial about the seriousness of this illness, with one person saying he has a strong immunity and “nothing will happen to me.” “This Covid business is a fake.”



But people become more serious and worried when they find out that people they know have died from the virus. The coronavirus announces that it doesn't “differentiate between anyone, rich or poor, old or young, fat or slim; I just have fun getting into people's bodies and want to make many more like me.... I need to live somewhere, so why not you?”





Mask, sanitizer, and social distance come to their rescue, announcing they can save people from the deadly virus. The coronavirus knows that when they are protected with these measures, it has to go to find some other people to infect.

Amidst all the fear and uncertainty, frontline workers continued to help save lives, risking their own lives and their family's happiness. They continued to spread messages of hope, resilience and inspiration. They work hard to help patients, but are sad when they see people breaking all the rules and partying together carelessly.

Bringing a balance to the story, the positive side of Covid was shared, such as spending more quality time with family, enjoying nature, enjoying home-cooked food, and finding "happiness in little things in life."



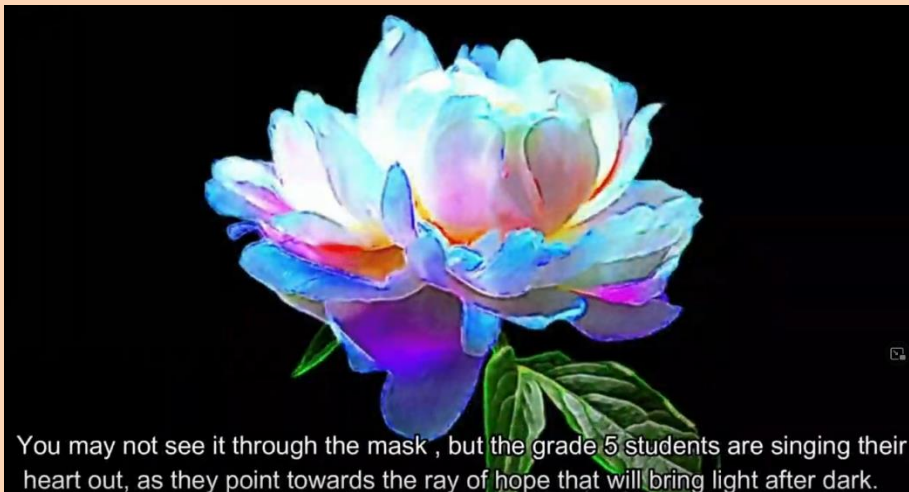
A teacher shared a statement from one of her students who said, "There is a tree outside my house and it is loaded with flowers which give out a very sweet fragrance.' He also said that all these years he never realized that the flowers were so beautiful."

The lesson of learning more patience and hope for better times is shared, and learning about what is truly important: "We have begun to care for our friends, neighbours, and the environment. I believe I have found a friend in nature's beauty, and it gives me peace of mind."

The good news is that people have learned to take the necessary precautions to stay safe and healthy. A round of applause is given to our frontline workers, "without whom we would not have gotten this far."

We have come a long way, but "we are still not out of the woods..."





"Six Feet Apart" by Luke Combs

When the dogwoods start to bloom
 And the crickets hum their tune
 That's usually about the time
 That I feel most alive
 But the news has all been bad
 And the whole world seems so sad
 I ain't had much else going on
 So I sat down and wrote this song
 I miss my Mom I miss my Dad
 I miss the road I miss my band
 Giving hugs and shaking hands
 Well, it's a mystery I suppose
 Just how long this thing goes
 But there'll be crowds
 And there'll be shows
 There will be light after dark
 Some day when we aren't
 Six feet apart



"We are getting to see the light at the end of the tunnel. Just be patient and hold onto your hope."

We are left with the positive thought: "Reminder to tell yourself, 'I am good and I will always be good and tackle obstacles,' no matter what happens."

A colourful and self-confident dance was performed to The Mowgli's song "I'm Good"



Thank you for watching us and
remember good times don't last forever
but the good news is that bad times don't last either...





From My Window

Play by: Gr. 4 Students



FROM MY WINDOW: a musical play performed by Grade 4 students, written by Mrs. Foram Vora

Corona virus pandemic hit the world in 2019 and after months at home we are overcoming it. Inspired by the book "From My Window" that looked at the life of housebound children during the pandemic, our children discovered what they could do to stay active and support the world around them. Enjoy this magical performance of our grade 4 students as they work together to spread the message that we find opportunities every day to love, learn, create and connect, no

matter what the circumstances. I extend my gratitude to the school and Dr. Revathi for giving us this amazing opportunity, to all the grade 4 parents for helping us with the props and costumes, and last but not least to all my dear students who worked very hard to put up this entire show together. Thank you everyone.

(the following is based on Mrs. Vora's script)

What can our young grade 4 changemakers do during this global crisis? Everyone is staying at home and life is very different.



Australia – a land of many natural wonders and open spaces. The people there are known for their love of sport, recreation and creativity. Not being able to participate in these activities, our students turn to their love of reading and are inspired to read and play games together online. Several children’s songs play as they all enjoy the music.



Asia – the largest and most diverse continent, yet despite their differences, they never fail to connect with one another. Inspired to stay connected, our students decide to cheer up a sad friend, and gather together to sing along with “Count on Me”. They know that no matter what the situation is, they always find ways to show friends how much they care!



Europe – the birthplace of western civilization, where baking is a favourite activity. This reminds our students that they can enjoy baking while having to stay indoors. They decide to use their skills to help others, by putting baked goods in paper bags and leaving them outside the front doors of the people in need. Happy that they can help others, they sing “Thankful” by The Juicebox.



Africa – popularly known as the Mother Continent or the oldest continent on earth. Between 1500-2000 languages are spoken in Africa but one language that connects them all is the language of love and kindness. One child in a hospital has no window to look through and feels very lonely and sad. His roommate then describes the view every morning from her window, to cheer him up: “as I see it from my window, I want you to imagine the warmth of golden sunshine hugging you, beautiful colors of the rainbow filling your heart with joy and the aquatic hues of the ocean making you feel calm and peaceful...” A song plays by Pink, Willow Sage Hart “Cover Me in Sunshine” and students dance with props representing the sun, a rainbow, a hill, and an ocean wave:

Cover me in sunshine / Shower me with good times / Tell me that the world’s been spinning since the beginning / And everything will be alright / Cover me in sunshine



America – the land of maple syrup, the Grand Canyon, and colourful cultures. But the real beauty is reflected in their gratitude and appreciation towards each other. Students speak of one mother is a doctor who hasn’t been home for many days because people in the hospital need her help, but she is missed by her children. When she does come home, her children can’t hug or kiss her and have to keep their distance so everyone can stay healthy. A student comments that the purpose of human life is to serve, and to show compassion and have the will to help others. Rather than making our parents feel guilty, we should cheer our frontline workers for their heroic efforts and bravery. So, every day at seven o’clock, we all open our windows and clap and sing to express our love and gratitude to the doctors and nurses and many other frontline workers who risk their lives to save us.



The students journey through the world ends on a positive and energizing note. Students sing a song of hope in French. Then, after months of being apart, students were able to return to school and danced joyously to the song "Celebration" - Action Song from *Just Dance kids*. They knew they could face and overcome challenging situations by being creative and empathetic, and by staying positive and healthy.



**"Never stop believing.
Together we can get through anything."**



UPCOMING PROGRAMS



Children Helping Children (CHC) April 17 - May 17

It all began with...

RYAN'S WELL

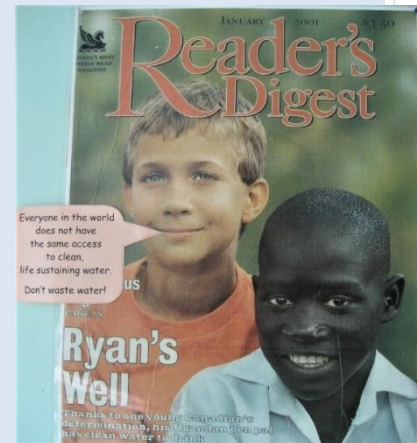
From Canadian Reader's Digest January 2001

On learning that African children were dying for lack of clean water, the young Canadian decided to act

Six-year-old Ryan Hreljac sat in shock as he listened to his Grade 1 teacher, Nancy Prest, at Holy Cross Catholic School in Kemptville, Ont. Launching a school-wide campaign, she spoke that day of the sad plight of children living in impoverished, disease-stricken Africa, where there was little access to medicine, food or clean water. Ryan, a sensitive child with blond hair and blue eyes, winced when he heard that hundreds

of thousands of African children die each year just from drinking contaminated water.

It was January 1998, and Holy Cross was raising money for African relief. "Every penny helps," Prest told her class. She explained that a single penny would buy a pencil; 25 cents, 175 vitamins; 60 cents, a two-month supply of medicine for one child; "and \$70 pays for a well.



The very young Sathya Sai School students decided to raise money to help Ryan by doing extra chores and sacrificing some of their desires, such as birthday parties.



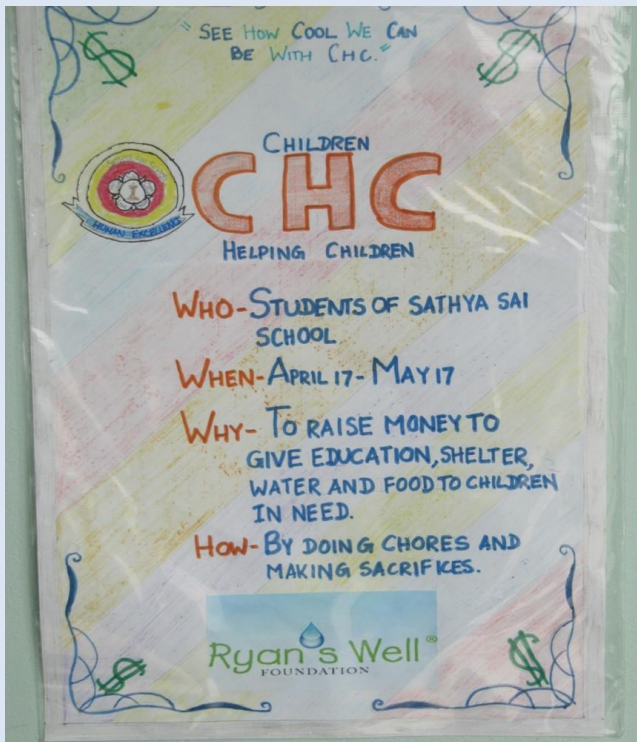
Nine-year-old Ryan Hreljac visited Sathya Sai School for the first time to receive money raised by students by doing extra chores and making personal sacrifices.





Ryan's first visit to the village in Uganda to donate money for the well that would provide clean drinking water for the children.

The school's **Children Helping Campaign** usually runs from April 17 to May 17. This year it will be launched on April 20, when students will listen to presentations and videos on Ryan's work and receive their booklets to log their activities. A letter will also be sent to parents with more details on the campaign. Funds raised will be donated to Ryan's Well Foundation and to another chosen charity that supports suffering children in other countries.



Ryan's visit to Sathya Sai School in 2014.

Commemorative Day for Founder Sri Sathya Sai Baba & Human Values Day, Apr 24

Sri Sathya Sai Baba passed from the physical plane on April 24, 2011. His teachings and life message are honoured each year on April 24 or close date. This year the Sathya Sai School of Toronto – Canada will have a special program on Friday, April 22nd to honour our school's Founder.

Human Values Day is honoured across Canada on April 24th each year with Proclamations by many municipalities and several provinces.

On the morning of April 22nd, the Human Values Flag will be raised in front of the school.

During the day, teachers will present a video of teachers, students and parents offering their gratitude to the school and Founder Sri Sathya Sai Baba, describing how they have transformed through the Human Values program. Teachers will also prepare activities and games for students to enjoy that each demonstrates one of the Five Human Values.

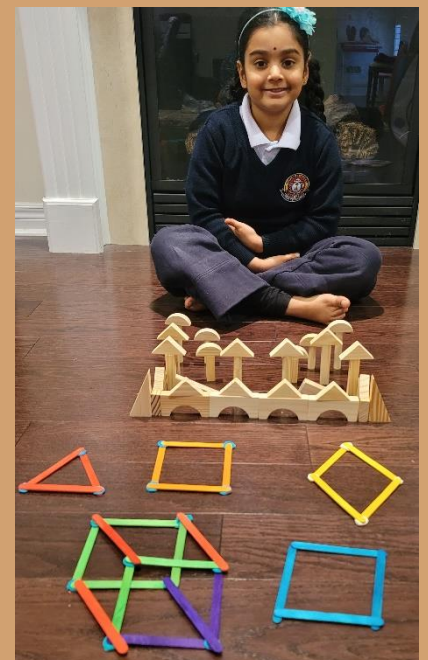
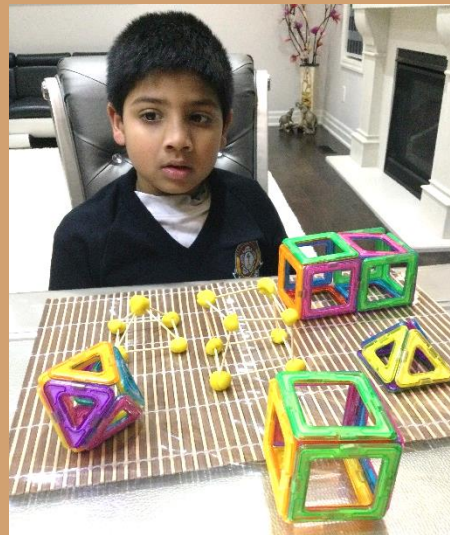
Please see upcoming parent newsletter for a report on Human Values Day and Commemorative Day for Sri Sathya Sai Baba.



Integrated Learning

SK: Building 2-D and 3-D Structures using recycling materials

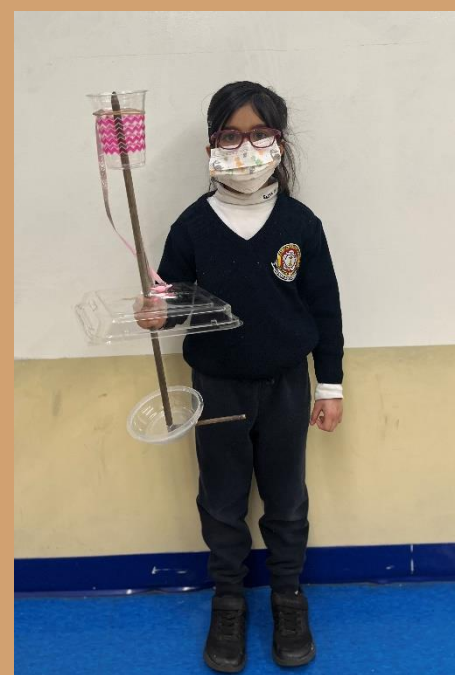
by Ms. Ureta Ramjiawan, SK Teacher



Grade 2: DIY Birdfeeder

By Mrs. Chandni Gadhavi, Grade 2 Teacher

Spring is here...Grade 2 students made a DIY Birdfeeder during Art class as a cross-curricular connection with Science: Growth and Changes in Animals. They made a valuable connection by showing Love for the birds with whom we share our planet. Through this learning opportunity, the students reflected that wild birds benefit from backyard feeders all year round and they need reliable, steady food sources. The population booms in the summer, putting great demand on food resources. The more you feed the birds during nesting season, the less *time the parents will need to stay away from the nest foraging for food.* With bird feeders supplementing natural food sources, birds have a reliable, plentiful source of food to keep them well-fed and thriving. Happy Bird watching!



Founder Sri Sathya Sai Baba to Students

Equal respect for all religions

Bend the twig and bend the tree, says the proverb. The moulding of character must start with children at the earliest age. Begin developing human values from the primary school. Some are concerned about our living in a "secular state". Secularism really means equal respects for all faiths and beliefs. There should be no hatred towards any faith. Other creeds or beliefs should not be condemned or derided. Some time ago there was an absurd idea that Sathya Sai educational institutions were religious institutions. Sai educational institutions are based on equal respect for all religions. They are wedded to unity and harmony.

Whatever studies you may pursue, do not give up your faith in God. To give up God is to give up life itself. Life is God. Truth is God. All that you do as an offering to God will be an expression of human values.

~ *Sathya Sai Baba, Sathya Sai Speaks, Volume 20, Discourse 21, 26 September 1987*



Human Value for Mar/Apr NONVIOLENCE

NONVIOLENCE

Cooperation

Appreciation of
other Cultures
& Religions

Social Justice

Global
Awareness

**To become a true global citizen, one must
abandon all notions of otherness and
instead embrace togetherness**

~ SUZY KASSEM

Walk for Values Food Drive

Details to be announced soon.



Multi-Faith Festivals around the world

Apr 1 – May 1

Ramadan (Islamic)



Apr 2

Ugadi (Hindu)



Apr 10

Palm Sunday (Christian)



Apr 10

Ram Navami (Hindu)



Apr 14

Mahavir Jayanti (Jain)



Apr 14

Vaisakhi/Vishu (Sikh, Hindu)



Apr 15, 17

Good Friday, Easter Sunday (Christian)



Apr 15-23

Passover (Jewish)



Apr 24

Sathya Sai Commemoration (all)



Apr 24

Human Values Day (all faiths)



Apr 27

Laylat al-Qadr (Islamic)



Important Dates:

April/May 2022

Apr 19 - May 17 Children Helping Children campaign

Apr 22 Honouring Sathya Sai Baba's Commemoration Day (Apr 24)

Apr 22 Human Values Day (Apr 24)

Apr 26 Earth Day Activities

May Walk for Values Food Drive

May 6 Hybrid Learning until May 6

May 23 Victoria Day (No School)

**RAMADAN
MUBARAK**

**HAPPY VISHU /
VAISAKHI**

New Year Greetings to all

HAPPY EASTER

He has risen

**HAPPY
PASSOVER**

Liberty is the inalienable right of every human being.

