





STEERING THE SHIP



From the Principal's Desk

Rev Fr Jason Monis
M.A., B.Ed

August is a month for reflection, and as you've pointed out, it's a great time to think about what we've learned and how we've grown. Your message is a powerful reminder that true freedom comes with responsibility and that education is about more than just textbooks. It's about developing the skills and talents that will help us succeed in the future.

Here are a few ways to enhance the existing text, making it even more impactful and engaging for a school audience.

The Power of Reflection

You've started with a strong idea: looking back at the previous month to learn and grow. You can expand on this by providing more specific examples of what students can reflect on. Instead of just "mistakes," you could encourage them to think about:

- Triumphs: What did they do well? How can they celebrate those successes?
- Challenges: What was difficult, and what did they learn from it?
- Teamwork: How did they support their friends and classmates, and how did others help them?

This approach encourages a more holistic view of the past month, focusing on both successes and areas for improvement.

Celebrating True Freedom

Your point about true freedom being about responsibility is an excellent one. You can make it more vivid by using a relatable example. For instance, you could say:

"Freedom isn't just about doing whatever you want. It's like being on a sports team—you're free to play your best, but you also have to follow the rules and respect your teammates. That's what allows everyone to enjoy the game."

This analogy is easy for students to understand and reinforces the idea that personal freedom and societal harmony go hand in hand.

Beyond the Classroom

You've highlighted the importance of activities beyond academics, which is a crucial message for students. The phrase "educated illiterate" is a memorable one, but you could also frame this more positively. You can encourage students to "be more than a textbook" or to "write their own story" by participating in various school activities.

Mentioning the upcoming AICS sports activities is a great way to tie this advice to a specific event. Encourage students to participate not just to win, but to learn new skills, make new friends, and discover hidden talents.

A Call to Action

Your final paragraph about the magazine being a forum for expression is a perfect closing.

To make it even more compelling, consider ending with a direct call to action, like: "This magazine is your space to share your voice. What did you learn this month? What does freedom mean to you? How have school activities helped you grow? We want to hear your stories, your thoughts, and your creativity. Make this magazine a true reflection of our vibrant school community."

This news letter not only invites students to contribute but also gives them specific ideas for what to write about.



<https://www.youtube.com/channel/UC6pwTlgDdavgCPEhbuzRA1w>





WISDOM FROM THE STAFFROOM

FRIENDSHIP

School is more than just classes and exams—it's a journey of discovering who you are and who stands beside you. **Mrs Maria Mildred Dsouza**
Counsellor

Friendships in schools can be powerful and life-shaping, offering support, laughter, and a sense of belonging. But not all friendships are smooth. As we grow, so do our interests, emotions, and expectations.



Attraction, jealousy, and loneliness sometimes creep into our relationships, making us question ourselves and others. It's normal to feel drawn to someone or to feel left out—but what matters is how we deal with these feelings. A strong sense of self-identity can help us choose friends who respect and uplift us, rather than those who drain our energy or pressure us into things we're uncomfortable with. Toxic friendships often disguise themselves in fake smiles and gossip. If someone constantly makes you feel less, controls your choices, or puts you down, it's okay to walk away. Friendship should never cost your peace of mind.

True friends accept you for who you are. They listen, support, and celebrate your success without envy. Most importantly, they help you grow into the best version of yourself. So, choose your friends wisely. Be a good friend yourself—and remember, being alone at times is better than being surrounded by the wrong people. It's better to walk alone than walk with fake friends.



WISDOM FROM THE STAFFROOM

संघर्ष से सफलता की ओर

सफलता एक दिन में नहीं मिलती, बल्कि वह एक लंबी यात्रा का परिणाम होती है। जिस में व्यक्ति को हर कदम पर कठिनाइयों का सामना करना पड़ता है। यह राह आसन नहीं होती, इस में कई बार थकावट, निराशा और असफलता आती है। लेकिन जो व्यक्ति हिम्मत और आत्मविश्वास के साथ आगे बढ़ता है, वही सफलता का हकदार बनता है। मुसीबतें सफलता के मार्ग की परीक्षा होती हैं। हर चुनौती हमें कुछ सिखाती है और आगे बढ़ने के लिए तैयार करती है। जो बिना डरे, पूरे साहस से संघर्ष करता है, वह एक दिन जरूर मंजिल तक पहुँचता है। इसलिए कभी भी हार न मानें। साहस, धैर्य और निरंतर प्रयत्न से आगे बढ़ो। हर कठिनाई को चुनौती मानिए क्यों कि वही आपके चरित्र और मंजिल दोनों का निर्माण करती है।



रेविटा क्रास्ता

Life Is A Journey

Life is a journey,
Full of joy and agony.
We travel along with people
who are near and dear,
"what if they part from us?" –
We always fear!
Unexpectedly, the path twists and turns,
At these junctures, one loses or earns.
Sometimes we are in a state of total confusion,
And everything around seems like an illusion.
Each day gives birth to new dreams and wishes,
Few are fulfilled, the rest are into ditches...
The journey is inevitable, be it happy or be it sad,
But one thing is for sure...
Since the moment I met you, I'm extremely glad!



Violet Suneetha Rodrigues

The Mobile Trap

By : Clara Jessy Moras



I had a phone, so smart and bright,
It kept me busy day and night.
Games and chats and videos too,
So much to scroll, so much to do!
But slowly, I began to see,
It took my time away from me.
No more play beneath the sun,
No more laughs, no more fun.
Eyes grew tired, head felt sore,
Family talks? Not anymore.
Books were left upon the shelf,
I lost the joy I had myself.
Now I use it wise and small,
Not my master, after all!
Real world's better, full of cheer,
With friends and games and people near.



WISDOM FROM THE STAFFROOM

Discipline – The Bridge Between Goals and Success

Discipline is the key that unlocks the door to success. Every successful person has one thing in common – self-discipline. It helps us stay focused and motivated toward our goals. Without discipline, even the most talented person can fail.

It teaches us to manage our time and energy wisely. Discipline is not about being strict; it is about being consistent. When we are disciplined, we learn to delay short-term pleasure for long-term gain. Students who follow a disciplined routine do better in studies and life. A well-disciplined person respects rules and takes responsibility. Discipline builds good habits, and good habits shape our future.



Vinitha Priya Dsouza.

Whether it's waking up early, completing homework, or staying away from distractions – all need discipline. It also helps us stay calm and make better decisions.

In moments of failure, discipline gives us the strength to try again. Athletes, artists, and leaders all achieve greatness through daily discipline. Even in teamwork, discipline brings order and success. It teaches us to value hard work over shortcuts. In the journey of life, goals are our destination and discipline is the vehicle. We may have dreams, but discipline turns those dreams into reality. Every step taken with discipline brings us closer to our aim. Indeed, discipline is truly the bridge between goals and success.



ಮರದ ಎಲೆ ನಗುತಿದೆ,
ಗಾಳಿಗೆ ಹಾಡು ಕೇಳುತಿದೆ,
ಬಾಲೀಯ ಹಾಸುಹೊಕ್ಕಲಿ,
ಮನುಜನು ತಾನೆ ಮರೆತಿದೆಯಿ?

ಸಂಜೀಯ ಬೆಂಕಿಯಲ್ಲಿ ಬೆಳಗಿನ ಕನಸು
ಉದರ ಹಾದಿಯಲ್ಲಿ ಹೊತ್ತು ಗಳ ನಡುಸು
ಬದುಕು ನಡಿಲ, ಆದರೆ ಹೋರಾಟ ಗಟ್ಟಿಯದು.

ಶಲ್ವನ್ ಸಮಂತ ಹಿಂಟ್ಲೊ . ಈ ನೇ ತರಗಾಡಿ





NEWS CORNER

MAGAZINE UNWEILED



Loreto English Medium High School marked a proud milestone with the launch of its monthly e-magazine during a morning assembly. The magazine was unveiled by the school manager, Rev. Fr. Francis Crasta, along with the principal, Fr. Jason Vijay Monis.

Fr. Francis Crasta said that the magazine provides an opportunity to explore and exhibit the talents of students through articles and drawings. He added that it would enhance student's enthusiasm, curiosity, and amazement. He also mentioned that this magazine would help publicise the school and its activities everywhere, even internationally.

ETHICS, EMOTIONS, AND E-LIFE

A special counselling session was organized for the students of Grade VIII, IX and X on the topic Ethics, Emotions and E-Life. The session was conducted by Mrs. Maria Mildred Dsouza, the school counsellor.

Mrs. Mildred spoke about various aspects of teenage life, focusing on understanding emotions and managing them effectively. She discussed anger and introduced simple anger-management techniques such as deep breathing with a slow count from one to seven. The students were guided on coping with loneliness, reducing excessive screen time and the use of digital gadgets, and avoiding unnecessary digital distractions.



TULUNADU RICH HERITAGE: AATIDONJI DINA

Loreto English Medium High School, CBSE, Loreto, celebrated "Aatidonji Dina" in the school auditorium, under the initiative of the Heritage Club.

The Chief Guest Shree Sanketh Poojary, writer and researcher on local traditions, delivered an inspiring address highlighting the significance of the Aati month. He explained how this period, marked by heavy rainfall and food scarcity, led our ancestors to develop sustainable eating practices. People relied on natural, foraged, and preserved foods like pathrode, kotte kadubu, uppad pachir, kashaya, and various tubers, showcasing the intelligence of our elders in using nature's bounty wisely. He emphasized how Aati Kashaya, prepared and consumed on Aati Amavasya, acts like a natural vaccination, boosting immunity and preventing seasonal illnesses.





NEWS CORNER

QUIT INDIA MOVEMENT



Loreto English Medium High School observed Quit India Movement Day on August 8, 2025, with a special assembly held in the school auditorium.

Students paid a heartfelt tribute to the nation through a patriotic song and a vibrant patriotic dance performance. A powerful skit depicting the Quit India Movement was staged, capturing the spirit of resistance and the sacrifices made by countless Indians in the struggle for freedom.

Our Principal, Fr. Jason Vijay Monis, addressed the gathering with an inspiring message. He spoke not only about the historical significance of the Quit India Movement but also related its core values, courage to stand for what is right, unity to achieve goals, belief in oneself, raising one's voice for truth, sacrifice, self-rule, and dignity to the daily lives of students.

MONSOON CELEBRATION -PITTER PATTER

Loreto English Medium High School celebrated Pitter-Patter Day with great joy and excitement in the Pre-Primary section.

Children came dressed in shades of blue, symbolizing rain and water. The classroom was beautifully decorated with blue balloons, hanging raindrops, cheerful dolphins, colorful paper mushrooms, and flowers. A creatively designed backdrop reading "Small Steps, Big Splash" perfectly captured the theme of the day.

Class wise activities were conducted to engage the little ones in creative and joyful ways. Children enthusiastically participated in songs, rhymes, and craft activities related to rain. The highlight of the day was when the children joyfully danced and played with their umbrellas, enjoying the "Pitter-Patter" experience.



THEJAS - CULTURAL FEST

Loreto English Medium High School (CBSE) students participated in THEJAS—the AICS Interschool Cultural Competitions 2025–26—presenting a vibrant blend of dance, skit, and song on the theme Spectrum of Life. Their expressive performance showcased creativity, teamwork, and talent, earning applause and adding another proud moment to the school's cultural achievements.





NEWS CORNER

CELEBRATING KNOWLEDGE THROUGH BOOKS: LIBRARIAN'S DAY



Librarians' Day with a special assembly on August 12, the birthday of Dr. S.R. Ranganathan, the father of library science in India. The day was dedicated to honoring Dr. Ranganathan's pioneering contributions to the field of library science and his vision for libraries as spaces of knowledge and inspiration.

Students participated in a Book Talk session, sharing insights about the books they had read and how those books had inspired and influenced them.

Students performed character portrayals, dressing as their favorite literary characters and bringing them to life on stage. Students also recited original poems written as part of the Poetry Writing Competition.

IMAGINATION AND CONFIDENCE

Pre-Primary Section, showcasing the talents, creativity, and confidence of the young learners. The event saw enthusiastic participation from the tiny tots, who dressed up in a variety of imaginative and meaningful costumes.

Children came dressed as butterflies, fishes, astronauts, farmers, national heroes, and also portrayed social messages such as No to Child Labour, Save Water, Swachh Bharat, and more.

The School Principal, Fr. Jason Vijay Monis, was present for the event and encouraged the children with his warm words and cheerful presence. He appreciated the efforts of the students, teachers, and parents in making the event colourful and meaningful.



GRAND SALUTE TO 79 GLORIOUS YEARS OF INDEPENDENCE

79th Independence Day with great enthusiasm and patriotic fervor on 15th August 2025

The chief guest and dignitaries were escorted to the venue in a ceremonial procession, proudly led by the school band. The programme commenced with the hoisting of the national flag by the chief guest, accompanied by the dignitaries, as the gathering stood united to sing the national anthem.

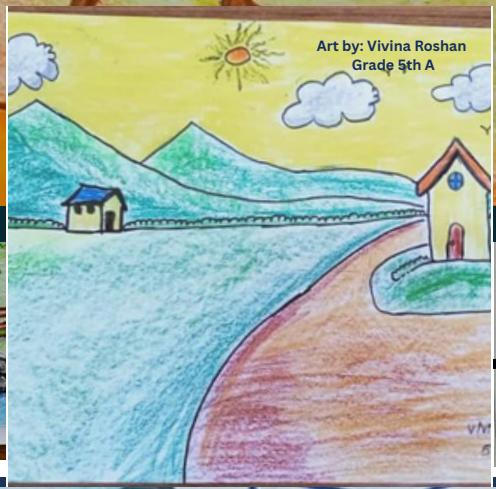
In his address, Rev. Fr. Vincent Dsouza reflected on India's rich and complex history, speaking of how various dynasties ruled and exploited the land before the country finally gained freedom through the sacrifices of countless heroes. He highlighted the importance of equality, a value that begins in schools, and reminded students that "values are more important than valuables."



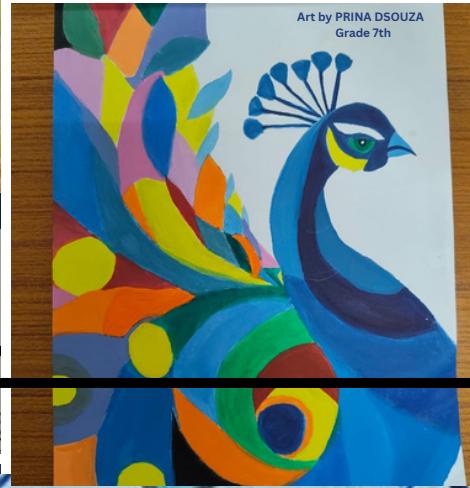
KIDS ARENA



Art by: AIMAN M K
Grade 9



Art by: Vivina Roshan
Grade 5th A



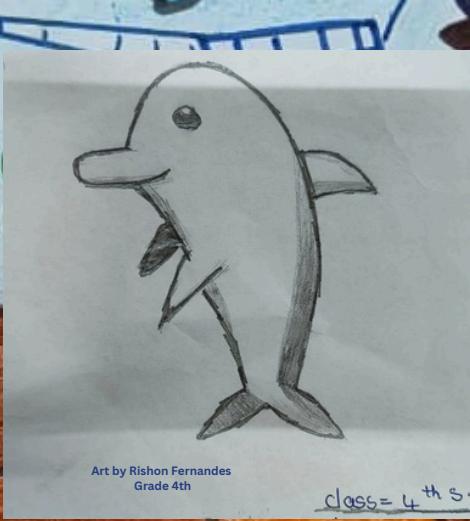
Art by PRINA DSOUZA
Grade 7th



Art by: M SHAHIL
Grade 5th



Art by: Apoorva
Grade 8th



Art by Rishon Fernandes
Grade 4th



Art by KRUPARTH
Grade 5th



Art by: Lyra
Grade 5th B

LITTLE MINDS LOUD SPOKEN

Summer Vacation.

The school bell rings loudly
 Children's sing cheerfully
 The day we waited for now here
 no more exams, no tests to fear.
 Walking on the hot sand
 Splashing the water with our hands
 licking an ice cream, cold and sweet
 Which is melting in the summer heat.
 School may give education,
 But summer gives relaxation.
 Hoping this may last for long
 But once more summer is gone.

Rachel Crasta
 Grade 9th.

NATURE

Oh wonderful nature,
 You are so beautiful.
 With green trees,
 And humming bees.
 The grass is so green,
 And water is so clean.

Birds fly in the sky,
 And mountains are so high.

The wondering butterflies,
 Make my thoughts fly.
 The waterfalls are so cool,
 Just like a swimming pool.

I love nature very much,
 God give us this feature.

Nicolle Sana Lobo
 Grade 5B



Golden sun

Great, glorious, golden sun
 Shine always on me today
 You are the life of all this earth
 You and your magic ray.
 You are the life of bird and planet,
 All must depend on you
 Shine down, great sun, the whole day long!
 Shine from the heavens blue
 And I will welcome your golden rays
 For you mean life to me.
 And you mean happiness and health,
 Strength and energy
 Shine down, great sun, on flower and field,
 And never say goodbye.
 Forever and ever give us your light
 From out the side, blue sky.

Collected by :- Michelle
 Grade 5th B

Nature



Nature is might,
 Nature is strong,
 Nature is beauty,
 Nature is moody.
 Nature is smart
 Nature is blue
 Nature is green
 Nature is true
 Nature is you
 Nature is me
 Nature will forever be free

By:- Prinson Lobo
 Grade 4th B

Save Earth

By : Joanna Grade 5A

The Earth is our only home, so we must protect it. We need our future generation. We should plant more trees to keep the Earth green and clean. Pollution harms our planet, so we must reduce it. Cycling helps in saving natural resources and reducing waste. We should use water waste and avoid wasting it. Using eco-friendly products helps protect the environment. Animals and plants also need a healthy order to survive. We should stop cutting down forests and protect wildlife. Using bicycles or walking helps reduce air pollution or air suffering because of human actions like deforestation and pollution.



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LUVVIMINDA

