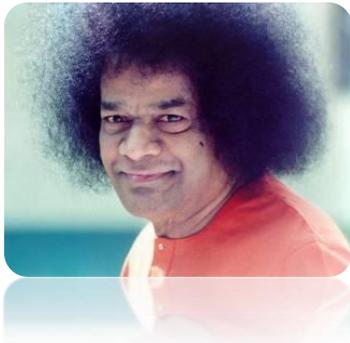




# Sathya Sai School of Toronto-Canada

Parent Information Letter #3 Apr 1, 2021



Selfless service alone gives the strength and courage needed to awaken the sleeping humanity in one's heart.  
~Sathya Sai Baba

Easter Holiday  
APR 2-5

Spring Break  
APR 12-16

Children Helping Children  
APR 19 - MAY 17

Earth Day  
APR 22

Human Values Day &  
Sathya Sai Baba  
Commemoration  
at school  
APR 23

Public Speaking  
APR 26-30

## Health & Safety Protocols & Practices 03



## Strengthening Your Immunity 05



## Young Inventors: 1<sup>st</sup> Prize 06



## In the Classes 08



*From the Principal's Desk**Revathi Chennabathni*

April 1, 2019

Dear Parents and Well-wishers of the Sathya Sai School,

Wishing all those who celebrate, a VIRTUAL, Happy and Prosperous New Year and Spring celebrations, Vaisakhi and Holy month of Ramadan.

April is a month to look forward to many forthcoming events at the School such as:

April 19, 2021- Children Helping Children (CHC) Launch

April 22, 2021 - Earth Day Celebration

April 23, 2021 - Commemoration Day Presentation/ Human Values Day Activities

Public Speaking - April 26-29 (in class for Grades 2-8) and Finals (for all Grades) on Friday, April 30, 2021.

Family Night dates for Primary, Junior and Intermediate Divisions will be notified by Parent Council representatives and Shadow Representatives.

Request all to stay with their family, go outdoors with your PPE and maintain social distancing. Urge you all to socialize virtually only until the COVID-19- Variants of Concern (VOC) numbers are curbed. Thank you for being socially responsible.

Wishing you and yours a Holy Easter Weekend!

Sincerely,

Revathi Chennabathni

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**Upcoming Events****Easter Holiday: Apr 2-5****No School.****Spring Break: Apr 12-16****No School.** (Subject to change.)**Children Helping Children: Apr 19- May 17**

Campaign to support less fortunate children.

**Earth Day: Apr 22**

Activities to Help Mother Earth.

**National Human Values Day: Apr 24**

School celebration takes place on Apr 23.

**Sathya Sai Baba's Commemoration**

Apr 24, to be honoured on Apr 23 by school.

**Public Speaking: Apr 26-30**

In-class: Apr 26-29; Finals: Apr 30.



# Health & Safety Protocols and Practices at Sathya Sai School

*By Arun Maharaj, IT Manager & Admin Support*

This year at the school our number one priority has been to provide a safe space for students to learn in person, while providing a hybrid learning environment to also allow students to learn from the safety of their homes. To achieve this, the school's Board of Directors, Pandemic Working Group, Building Management Team, and staff have implemented many different protocols and procedures to ensure the safety and well-being of our students, staff, and family members during this ongoing pandemic. We have gone above and beyond the recommendations of Toronto Public Health and the regulations of other K-8 schools by having stricter protocols on PPE and other safety measures. Below we will highlight the practices and procedures that we are using.

- Daily Health Check Screening Forms for all Staff and Students. This form is updated as much as possible to reflect the best possible screening practices provided by Toronto Public Health. It has been instrumental to the school's ability to ensure that anyone entering the premises has minimal risk of having or receiving the virus.
- Health Check Screening forms for any visitors entering the school as well as a visitor sign in sheet for contact tracing purposes.
- Hourly classroom contact tracing procedures.
- 5 entrance/exit points designated by groups of grade levels. Screening poster on each door. Sanitization table provided for compulsory hand hygiene before entering school premises.
- All signage re: COVID-19 healthy behaviours, including handwashing, protective measures and mask wearing posted visibly on hallways, doors, and in classrooms near sinks and frequently touched surfaces.
- Main entrance screening station for visitors. Hand sanitizer available. Paper screening form to be filled and handed to the main office upon arrival. QR code available for electronic screening form – contactless delivery.
- Visual markers/cues spaced 2 metres apart in hallways – visible and clear.
- All classrooms have students seated in designated table and chair, physically 2 m distanced and facing forward.
- Medical grade thermometers are available in each classroom.
- Water fountains have been sealed off as a cue to avoid direct contact.
- Visual markers for one-way routes implemented throughout school.
- An isolation room allocated at the main entrance of school across main office.
- Cleaning and disinfection protocols have been discussed. Frequent touch points and general cleaning and disinfection are being completed by Day Custodian using Lysol wipes and disinfectants. Fogging has been completed while the school is empty. Night Caretaker staff perform cleaning and disinfection of facility using bleach (concentration 1:50)



- Staff wear triple-ply cotton masks (consisting of three layers of cotton and spun-bonded thermal polypropylene microfibers) and mandatory face shields. Medical masks are in stock in each classroom to use in case of any contact with a symptomatic individual.
- All students from K-Grade 8 have been provided with five triple-ply cloth masks, that are worn on rotation. 100% compliance from students.
- Mask breaks are provided during recess and/or snack breaks. Students maintain physical distancing while masks are taken off for eating.
- Masks are instructed to be washed each day. Ample supply provided to students via school efforts to ensure students are wearing clean and dry masks to school each day.
- Visual cues on floors and signage on posters visible to remind staff and students about physical distancing.
- Staggered periods for students to use the washroom. Lunch and snack breaks are provided in designated classrooms. No crowds in hallways witnessed at time of visit.
- Each student has their own cubby and box to keep personal items in. Disinfected and cleaned by caretaker staff.
- Age appropriate – kid friendly – posters and signage available to inform students of COVID-19 healthy behaviours including hand washing and respiratory etiquette.
- Students or Staff that show any symptoms of COVID-19 or are a close contact, are asked to go home or quarantine for 14 days and get tested. If tested negative, they can return after symptoms have been gone for 24 hours.
- Building Management has arranged for Ventilation and Air Quality Assessments.
- TPH has arranged for free asymptomatic testing of our students and staff, on a voluntary basis.

All of the above protocols and procedures have helped to maintain a safe learning environment at the school, and allowed for the school to have a 0% transmission rate on the premises. With the increase in variants of concern and the growing number of cases, we urge everyone that is a student, staff member, or a family member that are in their bubbles, to practice social distancing while away from school, for the safety of yourself and the individuals that come into the school daily.

We request your continued cooperation in keeping our school families safe and healthy.

### **3-Ply Masks at Sathya Sai School**

Toronto Public Health has mandated 3-ply masks (a polypropylene layer sandwiched between two layers of cotton fabric) as being more effective in preventing the transmission of COVID and its variants. These masks have been handmade for students and staff.

Please remind your child(ren) to wear Value colours each day:

|           |        |               |
|-----------|--------|---------------|
| Monday    | Blue   | Truth         |
| Tuesday   | Orange | Right Conduct |
| Wednesday | Green  | Peace         |
| Thursday  | Red    | Love          |
| Friday    | Yellow | Nonviolence   |



# Strengthening Your Immunity

## Human Values Foster Health

“The greatest disease (or absence of ease) is the absence of peace. When the mind gets peace, the body also will have health. So, everyone who craves for good health must pay attention to the emotions, feelings, and motives that animate the individual. Just as you give clothes for a wash, you have to wash the mind free from dirt again and again; otherwise, if dirt accumulates and you form a “habit”, it is difficult for the person washing the clothes as well as harmful to the clothes. It should be a daily process; you should see that no dirt settles upon the mind. That is to say, you should move about in such company that dirt is avoided. Falsehood, injustice, indiscipline, cruelty, hate — these form the dirt. **Truth, righteousness, peace, love — these form the clean elements.** If you inhale the pure air of these latter, your mind will be free from evil bacilli and you will be mentally sturdy and physically strong.”

~ Sathya Sai Speaks, Vol. 1, Ch. 28, 1960-09-21

## Regulated Life and Habits

“Illness is caused more by malnutrition of the mind than of the body. Doctors speak of vitamin deficiency; I will call it the deficiency of Vitamin G, and I will recommend the repetition of the Name of God, with accompanying contemplation of the glory and grace of God. That is the Vitamin G. That is the medicine. Regulated life and habits are two-thirds of the treatment, while the medicine is just one-third only.

~ Sathya Sai Speaks, Vol. 13, Ch. 12, 1975-04-28

## KEEP YOUR MIND AND EMOTIONS POSITIVE

|  |   |
|--|---|
| <b>Practice the five Human Values in your daily life</b>               |      |
| <b>Prayer</b>  |   |
| <b>Meditation</b>  |  |
| <b>Repeat the Name of God</b>  |    |
| <b>Affirmations</b>  | <i>I am filled with the light &amp; love of God, keeping me healthy.</i>              |
| <b>Breathing Exercises</b>   |  |
| <b>Healthy diet with lots of fresh fruits and vegetables</b>           |  |
| <b>Daily exercise (e.g. walking, yoga, tai chi, cycling, aerobics)</b> |    |
| <b>Drink plenty of water</b>   |  |
| <b>Get enough sleep</b>  |  |



## Young Inventors of Scarborough: 1<sup>st</sup> Prize to Aashna Vora, gr5

Congratulations to Aashna Vora, grade 5 student at Sathya Sai School, who won First Prize in the Young Inventors of Scarborough: Junior Category. Her invention is called "Mother's Touch: an attempt to eliminate sleepless nights for new parents."

The Professional Engineers Ontario, Scarborough Chapter (PEOSC) held their first Young Inventors of Scarborough Competition on March 20, 2021.



## Aashna describes her project:

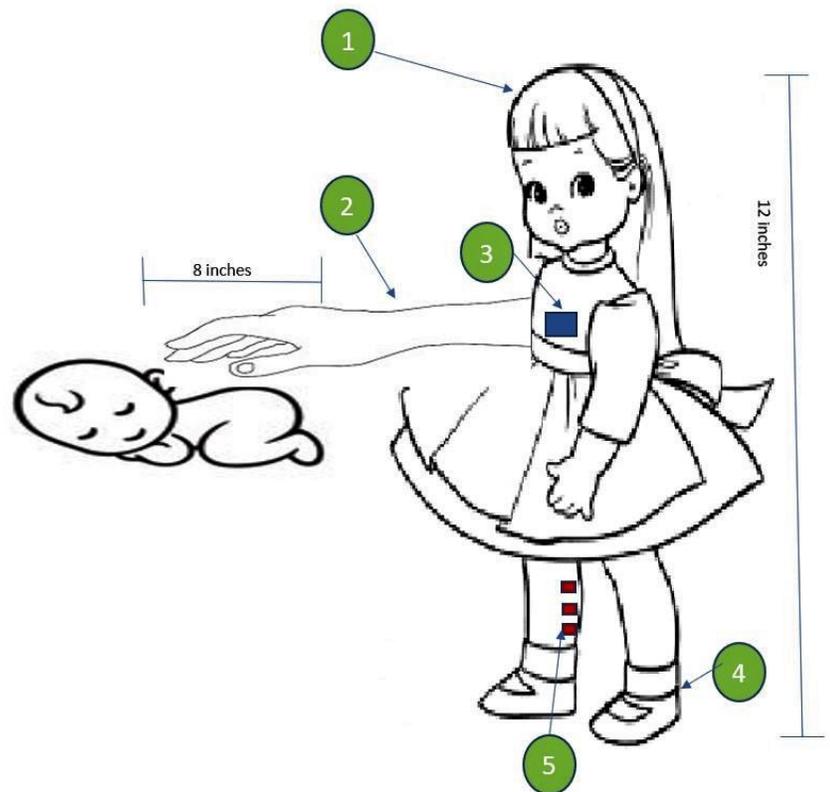
I was trying to solve a common problem that mothers and new parents face when they hear a baby's cries.

It triggers an immediate run to try to calm the baby down, trying various solutions, such as singing lullabies, patting on the forehead or back which, at the end, results in sleepless nights and body pain due to irregular hand and wrist movements from the patting.

I tried to simulate a mother's touch device which would give the same feel as a mother would do, but in a device formation.

### STRUCTURE OF MOTHER'S TOUCH DEVICE

- 1 – The doll shaped mother's touch device provides a charming lively face to cheer up babies any time they see or notice it
- 2 – Mechanical Arm of the doll which provides simulated pats to the baby reflecting the mother's touch and providing calming and soothing experience putting the baby to sleep. The arm is extended over the baby when the device is on and stays rested vertically when the device is not in use
- 3 – Baby monitor camera and sensor to sense the baby cries as well as provide live view to the baby through integrated connection to smart phone
- 4 – Rechargeable battery and charging compartment to charge the unit while not in use
- 5 – Speed control options providing the flexibility to control the interval between pats, that is, the movement of the arm



At the end, this product is great for parents, as they get to spend more time on the important parts of the growth of the child, with least discomfort.

# IN THE CLASSES

## JK

By Ms. Debra Gabiana, JK Teacher

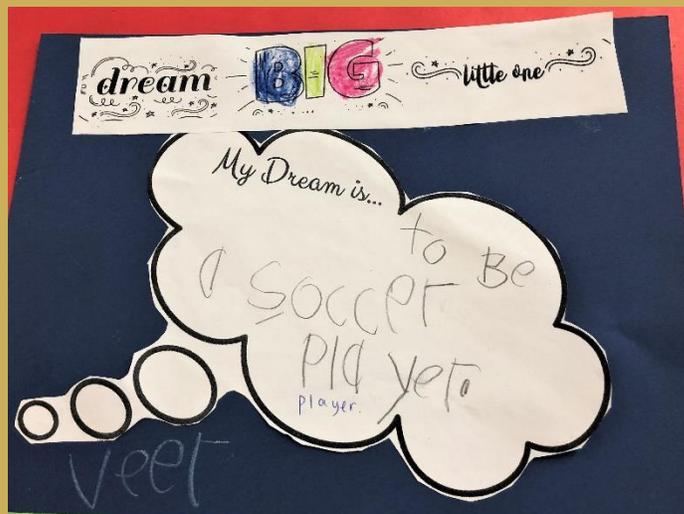
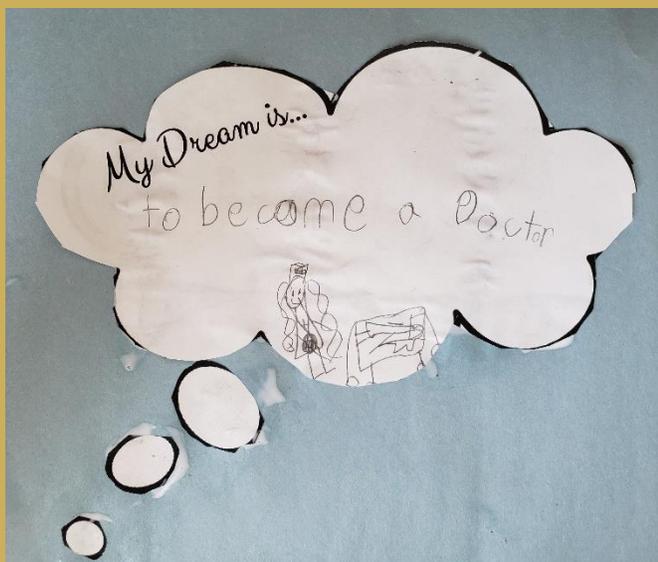
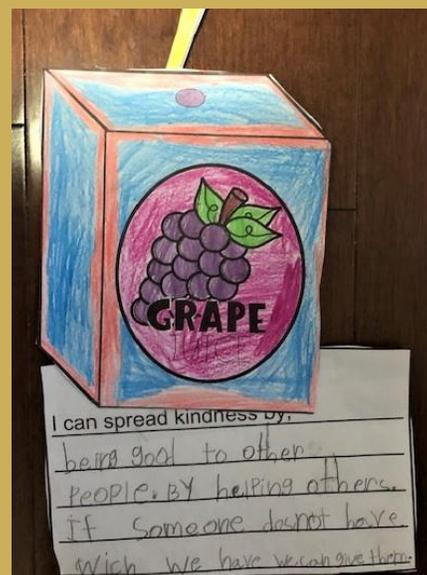
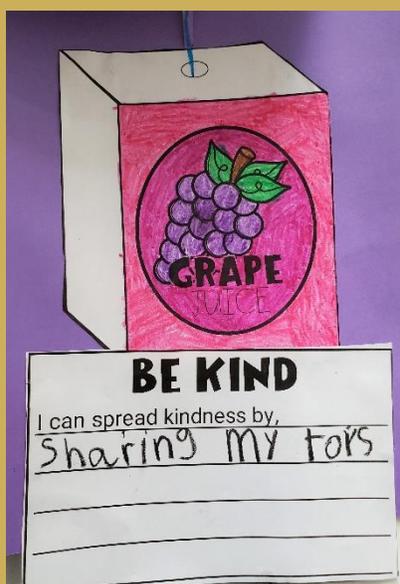
When we inquired about the sub-value of Gratitude, the JK students created a banner thanking all our frontline heroes. Photos were taken of the students while they worked on this class project and when it was completed.



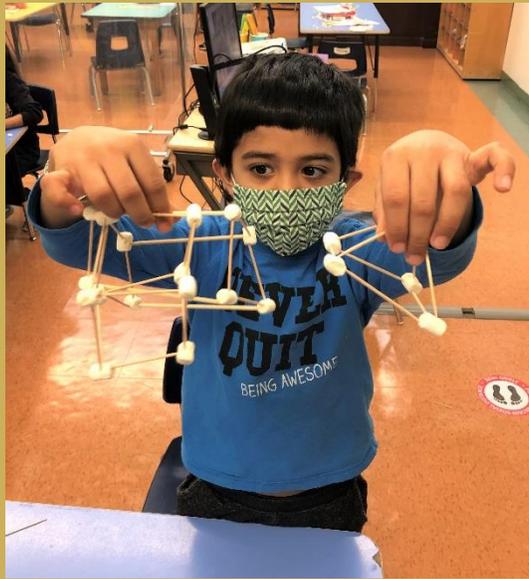
# SK

By Ms. Merna Claudius, SK Teacher

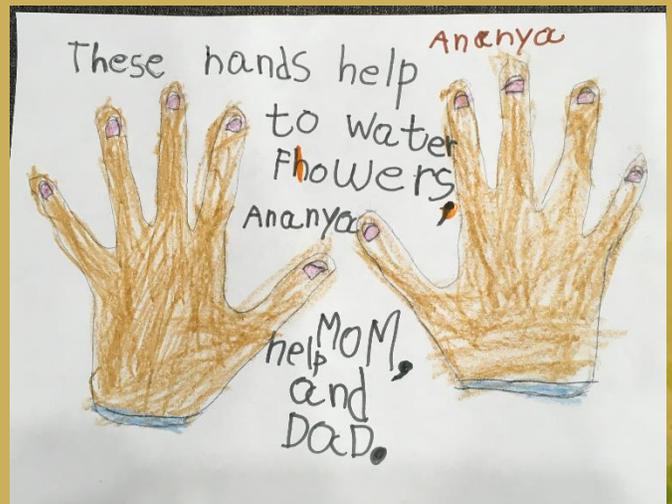
Students explored various inspiring topics during read-alouds. Using their knowledge of punctuation, emergent spelling and sight words they were engaged in creative writing activities such as making a text to self-connection. Students listened to the "Be Kind" book and made a craft to express ideas of spreading kindness. Students also listened to another book "Little Girl Big Dream: The story of Olympian Samantha Peszcek." They too had dreams to share and learned not to give up on their dreams.



SK students participated in hands-on Mathematics activity to further explore, create and identify 3D shapes. Students built different 3-dimensional shapes using marshmallows and sticks. This activity helped students to use their observational and problem-solving skills.



Students traced their hands as an application activity to remember that hands are for helping and wrote ways in which they can use their hands to help others.



# Grade 3

By Mrs. Revathy Mohan and Grade 3 Students

This was a cross curricular activity, combining SSEHV discussion on the sub-value of Cooperation with making posters as part of Media Literacy. The students brainstormed about the qualities of cooperation and collaboration and then made a poster, following the basic elements of poster making. This activity came under the value of Nonviolence that the school highlights for the months of March and April.





## Grade 5

by Mrs. Seema Sharma, Grade 5 Teacher

During the poetry unit, the students were taught to write various forms of poems by expressing their imagination and ideas through their piece of writing. They liked the idea of playing with the words and rhythm. They also learned that because poetry has a metre – a set of rules governing the number and arrangement of syllables in each verse – it can also be made into a song. Figures of speech were introduced as the literary device that can be used in poems to make them more effective.

Since they had social justice as their sub-value, I planned an acrostic poem as one of the activities that would be cross curricular with SSEHV.



### SOCIAL JUSTICE

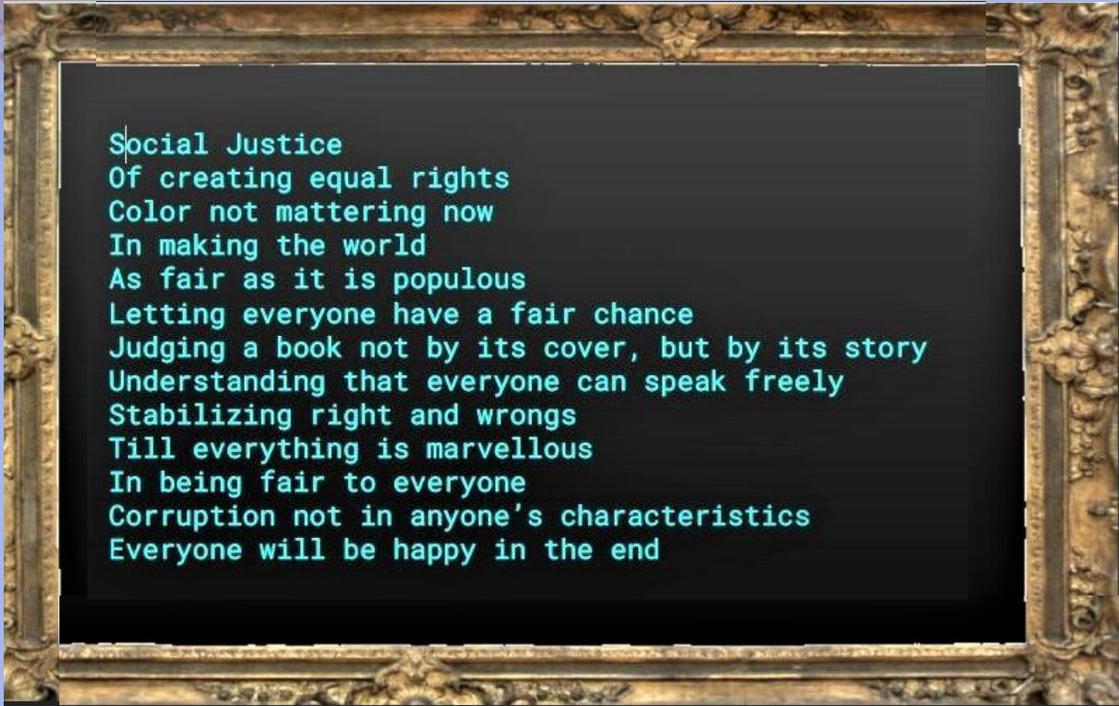
Satisfy the need  
 Opus for equality  
 Candour will help  
 Inequality is everywhere  
 Anoint on this goal  
 Look around is this the world you want to live in

Just like someone who we have talked about  
 Undo our wrongs and make them right  
 Stop the disease of racism  
 Treat everyone respectfully  
 Itching for equal rights  
 Contribute to this beautiful world  
 Everyone join hands and fight this crime

Support one another like a crutch  
 Opportunity to make a difference  
 Create a safe space  
 Insist on hard conversations  
 Advocate for equity  
 Lead by example

Justice is truth in action  
 Understand the difference between right and wrong  
 Speak up on issues  
 Teach others to do the same  
 Infinite hope  
 Create awareness  
 Equality for everyone





It's not A for Apple Anymore!  
 From Grade 5 Students'

A is for Aye! Always speak the truth and do not lie and if you have a dream always achieve your goals do not just give up be athletic!

B is for Big Hearted. Being big hearted is a blessing. Be big hearted and make another heart bloom like a flower

C is for clever, creative caring, and confident students that we are! We value considering our friends to be important.

D is for discipline Not delusion. Cinnamon? NO! Citizen? NO! Principal? NO! DISCIPLINE. Discipline, It will help you get better marks and make anything possible.

E for Equality and Empathy for people and living things . Equality for everybody lets people get together!

F is not always bad! F is for Friendship, Fresh, Fellowship, Frank, Fantastic, Forgiveness, Facts, Fabulous, Fun & Funny! Also be Friend! And don't forget your Flamingo :D

G for Gold, Everyone shall be treated like gold Good, Greet, Gentle Black, Brown or White It just does not matter!! We are all as unique as gold!!!

H is for having empathy. Hate hurts. "Help ever, hurt never" by Sathya Sai baba. Helpfulness is needed in this world.

I is for Imagination. Impactful people say Impossible should be replaced with I am possible. Improvement, initiative, involvement, is the need of the hour which everyone should do!

J is for Justice, Justice for all, Everybody deserves to be trusted, No matter if you're tall or small!

K is for Kindness, Karma and knowledge. Kindness to all. If you show kindness you won't need to bawl. If you show good karma you will always rise and never fall. Knowledge makes us good human beings.

L is for leadership, taking a stand to change the world from inequality to liberty. L is for love, loving and caring for your family and loyalty for your friends.

M is for magnificent society These people are magicians of miracles They have more than a Masters Degree This society shows mercy.

N is for saying NO to discrimination of colour, race, gender, and wealth. Everyone deserves to be treated the same. If you see it take action, No matter what's their name or from where they came.

O is for organization, optimism and opening your eyes to new opportunities. O is for being open-minded and listening to everyone. O is for being outstanding.

P is for Passion, Patience, Perfection, Playful. Play all day, but play together

Q is for quality behavior, always behave proper.

R is for Right Conduct. Respecting others and doing the right thing. Being responsible and respectful is a rare act of love.

S is for Sportsmanship. Self-Confidence, Self-Love, Self-Respect. Show some love for self and sportiness.

T is for Tolerance, tolerance towards everyone no matter what culture or skin, totally understanding all ideas and actions.

U is for being understanding, undisputed and thinking about others rather than yourself.

V for values that are very good to follow and if you follow them you are a valuable human being.

W is to be willingly welcome everyone wholeheartedly, to be wonderfully open to everything and always try to help.

X is for XO, sending love and kindness,

Y for saying "Yes!" to new opportunities and yearning for something pleasant.

Z is for Zealous, Billions of people and all are equal, just show the zeal And everybody is most certainly precious, Nobody is evil!



## Forgiveness Poems

by Grade 8 Students

### Forgiveness

Once we forgive, we can forget  
That's what makes us love and live  
Forgiveness shows understanding and care  
That's what makes the world a better place.

~ Jeevan

### Why Forgive?

Fallen prey to one's evil deed  
Only to be the victim of vile and greed.  
But right conduct must prevail  
In your heart you have goodness,  
Virtue, compassion and kindness.  
They triumph, as you forgive and forget.

~ Aadhya

### Forgiving

Sorry is a word nobody wants to say.  
On the brink of crying, but keep the tears at bay,  
because what comes next can set you free.  
Forgiveness doesn't mean you have to agree.  
It lets go of the weight,  
It relieves the pressure,  
and after that, you feel so much better.  
Forget old things, and look far ahead.  
Soon enough, good things will come in the end.

~ Inaya

### Forgiveness is strength

Forgiveness is for the strong  
We must let go of the past  
And do right to our wrongs  
Sometimes it's for you and sometimes for me  
But this situation cannot be prolonged  
Now remember this is fact not fiction  
Forgiveness is for the strong.

~ Pia

### Forgive

We should forgive and leave it in the past.  
We should not hold grudges,  
But make good things happen and last.  
We should forgive everyone, even their sins  
Because forgiveness is the greatest thing of all

~ Vanishri

### The Greatest Things: Forgiveness

Forgiveness is the greatest thing to do,  
We have the best feeling too,  
When we are forgiven,  
We are in a position,  
Rid of guilt and sadness,  
Building a friendship,  
That will never be ended.

~ Pranaya



### The Mountain of Humanity and Forgiveness

Getting rid of your burdens will help your  
obstacles decrease

The trip up the mountain will now be of ease  
As you reach the top you will be pleased  
As you have gifted yourself with utmost peace  
~ *Aathitiya*

### Released Burden

Forgiveness is the gifted ability to mend  
another's heart,

It straightens one's ego and vengeful ways  
To create a new start  
A release from an emotional prison  
One with resentment, and retaliation

It's hard to forgive  
Especially when we are hurt and sad  
However, the results are not all that bad  
All the hatred and negativity  
Are released as you let them go

Feelings of compassion, understanding –  
*empathy*

Yes, you may have misjudged  
To forgive is the show of strong character,  
Giving a second chance, since  
Forgiveness is always the path to take.  
~ *Netra*

### Do the right thing

In life, we get done wrong.  
And we often want an apology with a song,  
That sometimes wouldn't happen.  
But we should let it go and do our best to  
forgive  
For, we can also do wrong  
But we shouldn't wait to apologize  
Else it would be lifelong.

~ *Bargav*

### The guide to forgiveness

The shackles of memory trail behind  
As you continue to follow the map of empathy.  
Venture through the forest of ego.  
Swim past the stream of sorrow.  
It is only when you slay the dragon of pride  
That you can climb the mountain of acceptance.  
There at the top, you will find the solution to  
your perpetual prison.  
'I forgive you,' the words of freedom.

~ *Abhinna*

### Forgiveness is needed

Forgiveness is needed  
To be a better person.  
Forgiving them and their mistakes  
Isn't the easiest to do  
But remember we're all human  
And forget the past!  
Make way for forgiveness.

~ *Lakshana*



## Founder Chancellor Sri Sathya Sai Baba to Students

### Selfless Service to Society is true spiritual practice

Live in society and serve it selflessly, thinking that you are serving God. When you serve somebody in distress, consider that you are serving God Himself. There is no place where God is not there. Everything is pervaded by divinity. There is divinity in this cloth, microphone and, in fact, in everything in this world. From the worldly point of view, you may call this a cloth, but when you develop divine vision, you will see God in everything. The cloth is made of threads and threads come from cotton. Without cotton, there can be no threads and without threads there can be no cloth. Just as cotton is the fundamental basis of cloth, God is the fundamental basis of this world. There is no place in this world where God is not there. Wherever you look, He is there.

- *Sathya Sai Speaks, Vol.39, Discourse 10*



## Human Value for Mar/Apr NONVIOLENCE

### NONVIOLENCE

Cooperation

Social  
Justice

Global  
Awareness

Service

One who is injured ought not to return the injury, for on no account can it be right to do an injustice.

SOCRATES  
Greek philosopher

## Heritage Months

Heritage Month recognition has been incorporated by teachers into the Thought for the Day discussions, as well as integrated with Language Arts and other subjects during the day.

February – African Heritage, Chinese Heritage

March – Irish Heritage, Greek Heritage

April – Sikh Heritage

## Saint Patrick's Day Parade



Father Terry here and "HERE WE GO AGAIN"!! It's the week of the SAINT PATRICK'S DAY PARADE but once again this year there is NO PARADE because of COVID-19!!

Thanks to an Irish Couple I've known for decades and who join me every year for the Parade and who took the photo, you can get a taste of the PARADE. Please show them to your kids and grandkids because they have probably never seen a REAL LIVE LEPRECHAUN before.

Hope to see you all at the Parade next year...2022!!  
"ERIN GO BRAGH"!!

~ **Father Terry Gallagher, Scarboro Missions**

*Photo by Theresa Wright*

## Teachers Covering Ontario Ministry's Curriculum

Sathya Sai School is pleased to announce that our teachers are on par with their curriculum units and report that students are submitting their assignments in a timely fashion.

## Family Nights in April/May

Tentative Family Nights are being planned for all classes in April & May – with a focus on Mental Health, along with some fun activities.

Parent Council class reps will keep you posted.

## Changes in Schedule Are Beyond Our Control

The constant influx of news and changes to health and government policies have resulted in the need to make ongoing changes to our school schedule.

We are sincerely sorry for the inconveniences these are causing parents and families.

# HAPPY EASTER



## Multi-Faith Festivals around the world

Mar 2-20

Nineteen Day Fast (Baha'i)



Mar 10

Lailat al Miraj (Islamic)



Mar 11

Maha Shivaratri (Hindu)



Mar 17

St. Patrick's Day (Christian)



Mar 18

Waqf al Arafa (Islamic)



Mar 21

Norooz (Zoroastrian)



Mar 25

Mahavir Jayanti (Jain)



Mar 28

Magha Puja Day (Buddhist)



Mar 28

Palm Sunday (Christian)



Mar 28

Passover (Jewish)



Mar 29

Holi (Hindu)



## Uniform Note

Due to COVID-19, the wearing of the school's uniform has been temporarily suspended.

## Important Dates:

### April 2021

Apr 2-5 Easter Holiday (No School)

Apr 12-16 Spring Break (No School)

Apr 19 School Reopens TBD

Apr 19 Children Helping Children Campaign launch

Apr 22 Earth Day

Apr 23 Commemorative Day for Founder Chancellor

Apr 23 Human Values Day

Apr 26 Public Speaking: In-class

Apr 30 Public Speaking Finals

*Yours truly,  
Ms. Recht, Office Admin.  
Dr. Revathi, Principal*

