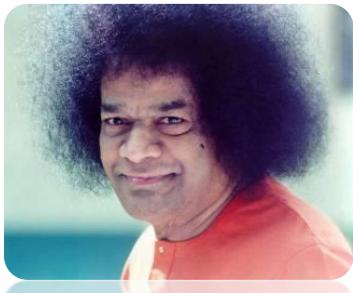




Sathya Sai School

Toronto, Canada

Parent Information Letter # 4 | May 6, 2021



Ahimsa is the most meritorious deed. Nonviolence is an alternate name for Truth and Love. By following Nonviolence, one achieves Love. Nobody should be harmed by mind, body or speech. By purity of thought, word and deed, one should serve even one's enemies.

~Sathya Sai Baba

Family Night – JK to Gr4
MAY 14

Children Helping Children
ENDS MAY 17

Victoria Day (No School)
MAY 24

Walk for Values Week
MAY 25-28

Walk for Values Event
TBD

Commemorating Founder Chancellor Sri Sathya Sai Baba

03



Human Values Day

06



CHC Campaign

20



Earth Day

23



Public Speaking Awards

25



Sathya Sai School of Canada
www.sathyasaischool.ca

From the Principal's Desk*Revathi Chennabathni*

May 6, 2021

Dear Parents/ Guardians,

Greetings.

April month activities were launched seamlessly and, for the first time, virtually. You will agree that all our students did a fabulous job with their presentations for Children Helping Children (CHC), Earth Day as well as Sri Sathya Sai Baba's Commemoration / Human Values Day, despite the pandemic.

The Public speaking in-class and finals were conducted efficiently by all our Educators. Again, you will agree that the Sathya Sai School's Frontline workers did an incredible job! Moving forward, our teachers will be working towards the Walk for Values event.

The first virtual Family Night for Grades Five to Eight was organized effectively by the Parent Council Chair and her Team. I am sure you all enjoyed an excellent presentation by Dr. Monica Shah on Mental Health and later on socially connected with your grade parents. Please block your calendar for the first virtual Family Night for Junior Kindergarteners to Grade Fours on May 14, 2021 starting at 5:00 pm. with guest Speaker Dr. Anusha Balachandran. Further information will be sent to you by your class representative.

As you may be aware, based on the age group, some of you may have already been vaccinated and/or are going to get vaccinated. Most of my teachers received their first jab of the vaccine and this will most certainly provide a pathway to herd immunity. Once the vaccine gets approved for children 12+, that will certainly provide excellent immunity to the children and their families. During this phase, please become responsible by following all health and safety protocols.

Wishing you all a safe and healthy month.

Sincerely,

Revathi Chennabathni



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Upcoming Events

[Family Night JK to Gr4: May 14](#)

Online @ 5 PM: guest speaker + class activities.

[Children Helping Children: May 17](#)

Last day of month-long campaign.

[Victoria Day Holiday: May 24](#)

No School.

[Walk for Values Activities: May 25-28](#)

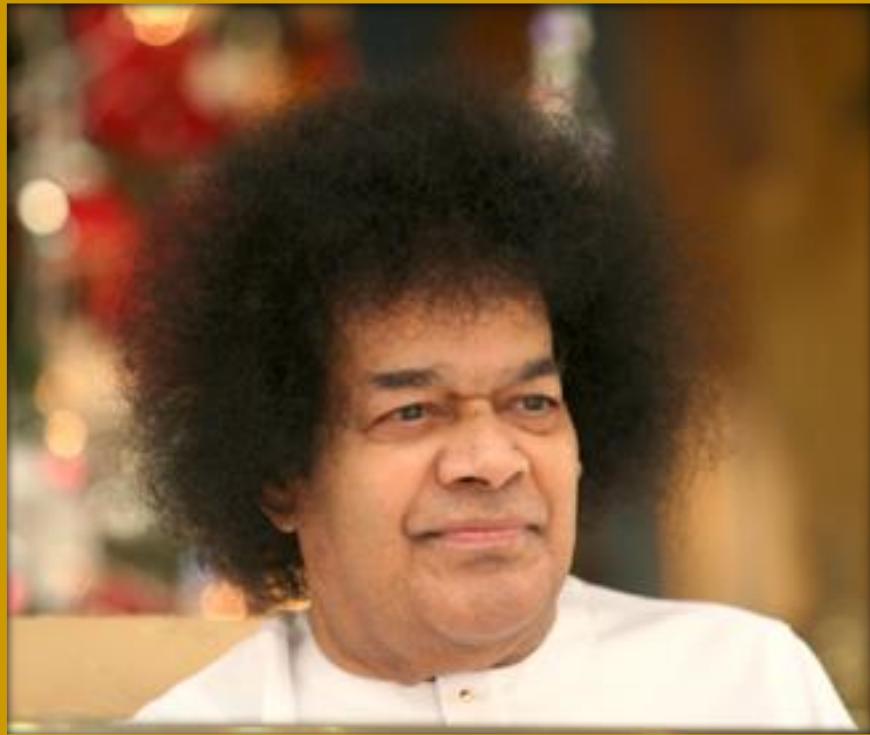
School activities involving pledging of values.

[Walk for Values Event: TBD](#)

A possible virtual event may be announced.



Founder Chancellor Sri Sathya Sai Baba's Commemoration Day, April 24



Sri Sathya Sai Baba's mission, declared at the age of 14 expressed his selfless love for all:

I have a Task: To foster all mankind, and ensure for all people lives full of Ananda.

I have a Vow: To lead all who stray away from the straight path, again into goodness and save them.

I am attached to a 'Work' that I love: To remove the suffering of the poor and grant them what they lack.

He embodied and taught the unitary principle of Love, which transcends human boundaries of race, religion, culture, and status, and awakened this unconditional love in the hearts of people:

*There is only one religion, the religion of Love;
There is only one language, the language of the Heart;
There is only one caste, the caste of Humanity;
There is only one law, the law of Karma;
There is only one God, He is Omnipresent.*

He spread the message of selfless love in his actions and projects, bringing the necessities of life to people and thereby uplifting society.

His vast water projects bring clean drinking water to millions of people.

His speciality hospitals give free medical treatment to all, and mobile clinics and camps reach remote rural people.

His educational system comprises elementary, secondary and institutes of higher learning, all merging worldly and spiritual education in a system of Integral Education, known as *Educare*, bringing out the innate divinity in each student, which they express through selfless service to society.

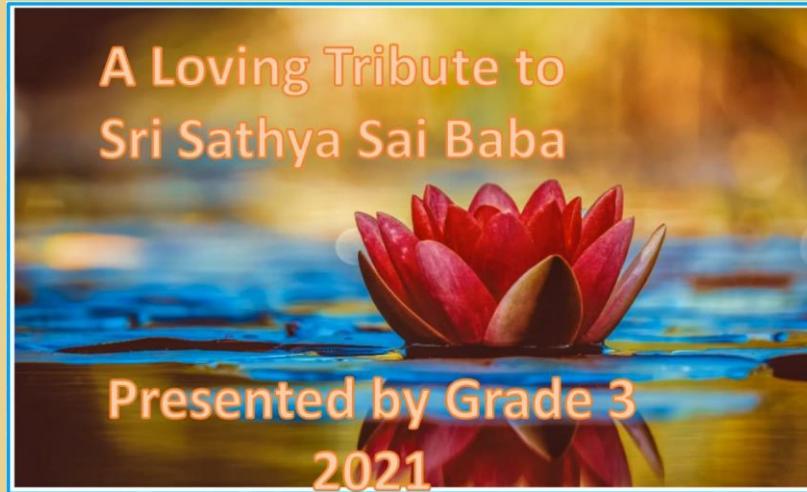
Sai Baba has inspired millions of followers around the world to embrace human values in order to transform themselves and society.



Education must inculcate respect for human values like truth, righteousness, love and peace. Education is for life. Life is for man. Man is there for society. Society is meant for spirituality. The spirituality is there for the nation. The nation is part of the world, and the world

is for peace. Today everyone wants peace. In fact, you can attain and acquire peace only out of human values. For peace and happiness, human values are most important. Bereft of human values, man can never be at peace. ~ Sathya Sai Baba

**Tribute by Grade 3
teacher Mrs. Revathy
Mohan and her
students**



Commemoration Day was celebrated this year on April 23, 2021 at the Sathya Sai School of Toronto – Canada. In honour of our Founder Chancellor's memory, the day began with a beautiful video and slide presentation of his life and work, created by the grade 3 teacher Mrs. Revathy Mohan and her students. This was viewed by the students of all grades via their online classes. Short video clips of grade 3 students are inserted into the presentation, summarizing key aspects of Sri Sathya Sai Baba's mission and projects that he initiated during his

lifetime, and which are still being carried forward today to uplift and transform people. These fall within the categories of Education, Healthcare, Water Projects, and Community Service. Pictures on this page and the next are taken from this presentation.

Two videos of Sai Baba's life and work were also viewed by all students in their classrooms:

<https://youtu.be/43bHim-d2Ns> "Sathya Sai Baba and His Students";

<https://vimeo.com/52560575> "Sathya Sai Baba His Work"



Healthcare



Sathya Sai Superspecialty Hospital in Puttaparthi



Community Service



Hungary



Peru



Senegal

**Life is a song, sing it. Life is a game, play it.
Life is a challenge, meet it. Life is a dream,
realize it. Life is a sacrifice – offer it.
Life is love – enjoy it...**

Sri Sathya Sai Baba



Love as
thought
is Truth



Love as
understanding is
Peace

"Start the day with love,
Spend the day with love
Fill the day with love
End the day with love
This is the way to God."
Sathya Sai Baba

Love as
action is
Right
Conduct

Love as feeling
is Non-Violence



Human Values Day, April 24

Thanks to the inspired hard work of Mr. Ron Naidoo, Mr. Manish Rughani, and Ms. Punita Patel, Human Values Day, April 24th has been Proclaimed this year by two Provinces, 24 municipalities and the lighting of two monuments across Canada. This day has been set aside to honour and spread awareness of the importance of Human Values in the life of every person, to bring forth people of character and peace in society everywhere (*see several proclamations on following page*).

Canadian Monuments Observe Human Values Day in Canada

Monuments were lit up on April 24th to honour Human Values Day.

- CN Tower
- Niagara Falls

Provincial Proclamations

- Province of British Columbia
- Province of Nova Scotia



Municipal Proclamations

- City of Brampton
- City of Cornwall
- City of Edmonton
- City of Kingston
- City of Markham
- City of Orillia
- City of Ottawa
- City of Pickering
- City of Port Alberni
- City of Prince Albert
- City of Quinte West
- City of Richmond Hill
- City of Saskatoon
- City of Thunder Bay
- City of Stratford
- City of Toronto
- Municipality of Port Hope
- Resort Municipality of Whistler
- The Corporation of the Township of Brock
- Town of Ajax
- Town of Flatrock
- Town of New Glasgow
- Town of Wasaga Beach
- Township of Scugog

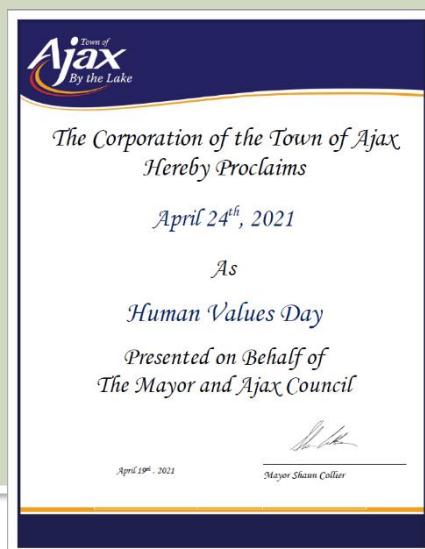
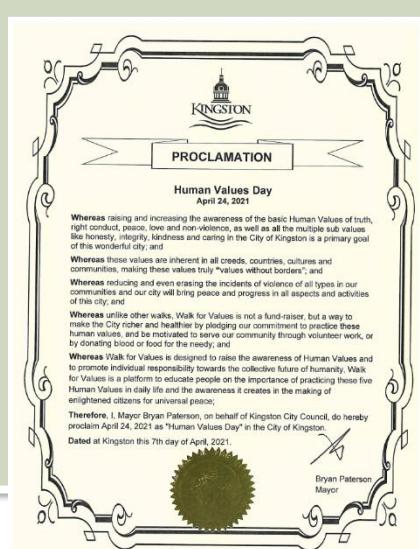
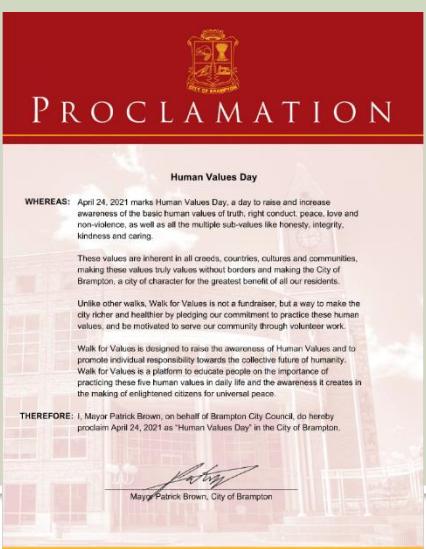
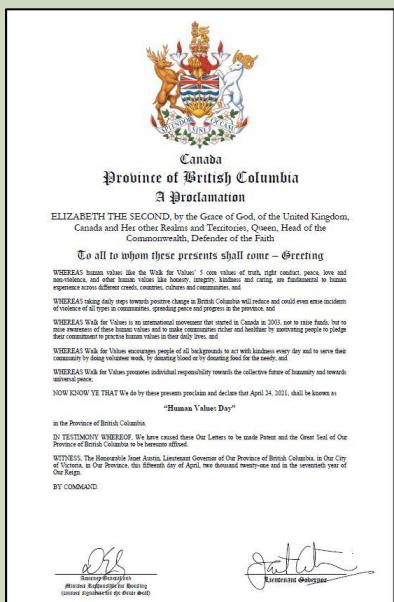




Human Values Day

[Home](#) / [City Hall](#) / [News & Notices](#) / [Proclamations](#)

from Thunder Bay's Proclamation website page



Human Values Day Activities

Note: Due to the online nature of classes, pictures of students at work were limited.

JK

by Ms. Debra Gabiana and Ms. Dipika Pandit

NON-VIOLENCE = is understanding that we all have obligations towards all other beings in the world and not harming anyone or anything in anyway. Our words, thoughts and actions should harmonize not only locally but also globally.

Activity: The students performed an action song titled "We Are the World" by Lionel Richie and Michael Jackson. Ever since this song was released it became a phenomenon, reaching different people from all walks of life all over the world, to unite and help one another, to promote social justice, to serve when calamity strikes, and to appreciate other cultures and beliefs.

This is a link for the song. The song and action are a kid-friendly version.

<https://www.youtube.com/watch?v=dH6suPfBTt8>

PEACE = is felt when the mind is still. It is also experienced when your mind and body are aware or in control of the situation especially under stress.

Activity: The students took part in colouring mandalas. Studies have revealed that people who colour mandalas experience a sense of calmness and soothing feelings. The geometric construction of mandalas provides an artist with repetitive movements which focus their attention and bring out their creativity. It is a great exercise for kindergarteners who are working on their self-regulation and emotions. In addition, relaxing instrumental music was played as the students coloured their mandalas.

LOVE = is more than just an emotion. It is an action which is meant to grow and be shared. It is the undercurrent of all the values. Love towards God, humanity and life-long learning.

Activity: The students created a Love Necklace. This love necklace is an expression of their friendship, kindness, caring, appreciation, empathy and love towards themselves or to others. At the end of the

activity, the students opted to give their necklace to a special person or keep it as a reminder of self-love.

RIGHT CONDUCT = is seeing, doing and being good. It is necessary to make good choices in life, as they are important for character development. Our right conduct is always tested on a day-to-day basis, and is a reflection of our love in action.

Activity: Children took part in a game called Poor Choices Vs. Good Choices. The teacher demonstrated and read a series of scenarios/stories to the class in a PowerPoint presentation. The students had to determine whether the example was a good or poor choice by raising either the picture of a thumb-up or thumb-down. After every scenario, the teacher called upon a volunteer to explain his/her answer.

Link to the presentation:

https://docs.google.com/presentation/d/1uvjm_tzKYtH76IUN237S8vRJqXBtPrUqtswz5IJH3U/edit?usp=sharing

TRUTH = is permanent and timeless, in all times past, present, and future. All mankind should make it a goal to always have courage in pursuit of what is true.

Activity: Sweet Detectives! Each student brought two healthy treats and two unhealthy treats in the class (like fruits cut bite-size, cereals, chips, chocolates). We each took turns introducing and naming what we brought in. One at a time, each student picked and ate one of the samples they had, without the rest of the class seeing. Then they invited others to guess which treat was sampled.

'Did the sampler take the healthy or unhealthy treat?' Any deception the "sampler" used like leaving crumbs around the mouth or making the table messy or denying even if others guessed it correctly, is concealing the truth or lying. Honesty is being true to yourself, doing what is right even if no one is watching.

At the end we enjoyed our sweets!



SK

by Ms. Merna Claudius

SSEHV class

Value: Nonviolence, sub value: Conserving

Peace Song:

<https://www.youtube.com/watch?v=F62L1TaDIUk>

Puppet Show: integrating all 5 values

Puppets Ernie and Bert enacted a scenario, followed by discussion of all the values. Some points they discussed:

- 1) Practicing to tell the truth, even if one did something wrong. It is good to always apologize for mistakes.
- 2) Practicing the value of love and sharing their candies, without feeling annoyed, and showing love by offering to help another person.
- 3) Practicing nonviolence and peace by not pushing, staying calm and acting peacefully.
- 4) Not practicing right conduct when poor choices are made, e.g. when yelling and pushing.

Value: Love – Necklace making

- 1) Students coloured necklace circles and finished the sentence, "I practice love by_____."
- 2) Students cut out all the necklace circles, attached a yarn to it and wore it.

Value: Right Conduct – “The Giving Tree”

The teacher read *The Giving Tree* book, stopping to ask questions such as:

- 1) How do you think the tree is feeling?
- 2) Did the tree make good choices? What about the boy?
- 3) What are some of the good choices we can make? What can we give?

Activity: The giving tree craft – students filled their trees with things they can give.

I Can practice **love** by,

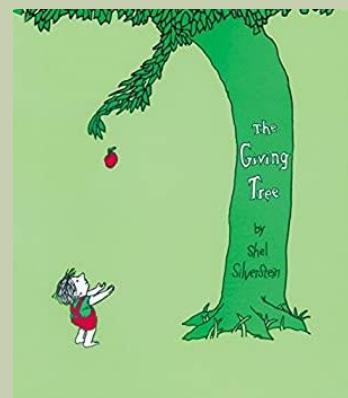
LOVE
as thought is
TRUTH

LOVE
as action is
RIGHT-CONDUCT

LOVE
is
GOD

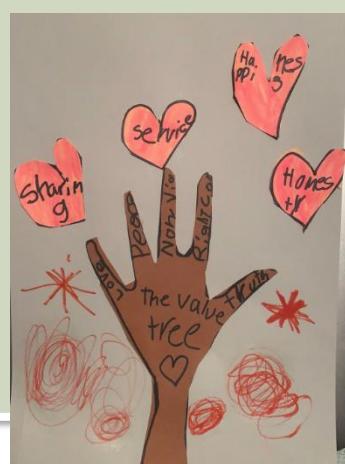
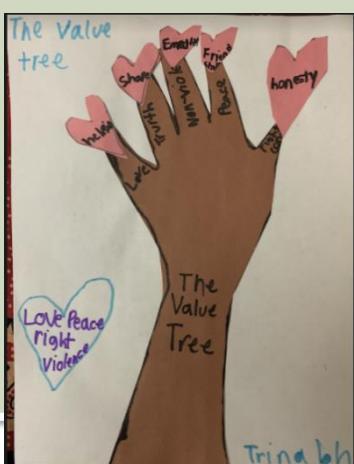
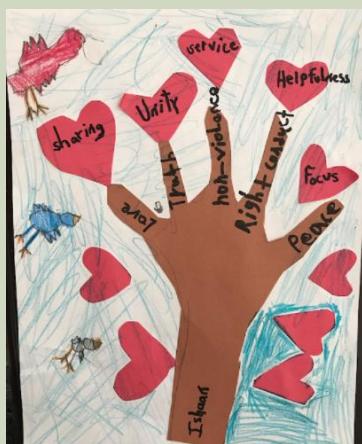
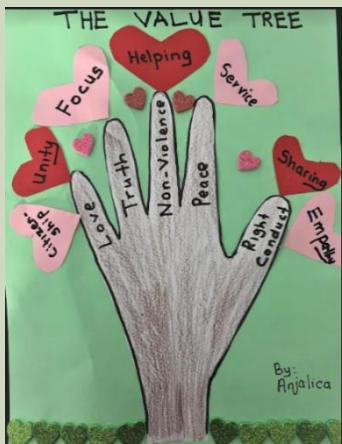
LOVE
as feeling is
PEACE

LOVE
as understanding is
NON-VIOLENCE



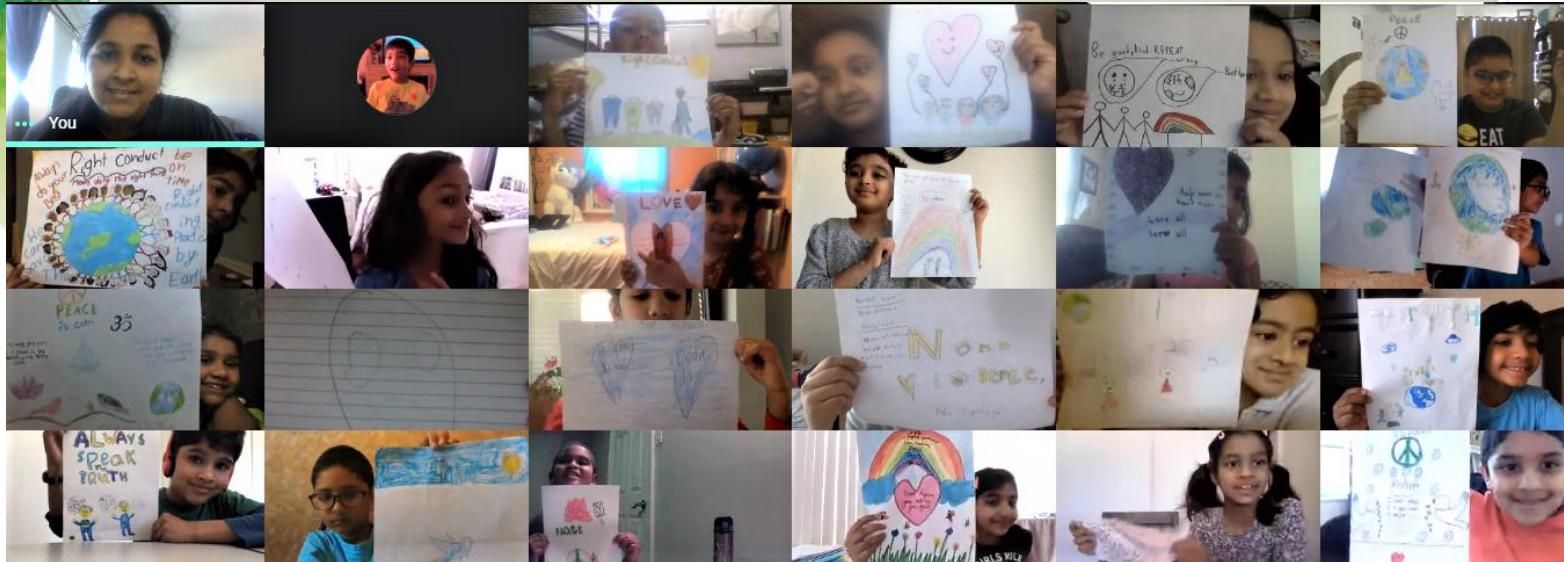
Grade 1
by Mrs. Sobana Sharanigan & Grade 1 students

Our grade 1 classroom read the story of *The Giving Tree* and we connected the story with the five human values. Later, we created the Value Tree craft where the children named each branch of the tree with one of the five human values, and the leaves as the sub-values.



Grade 2
by Mrs. Amira Shah & Grade 2 students

Grade 2 students created Human Values Day posters.



Grade 4
by Mrs. Foram Vora & Grade 4 students

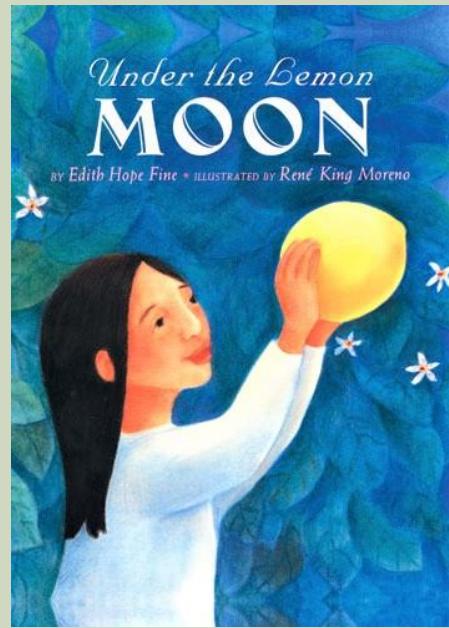
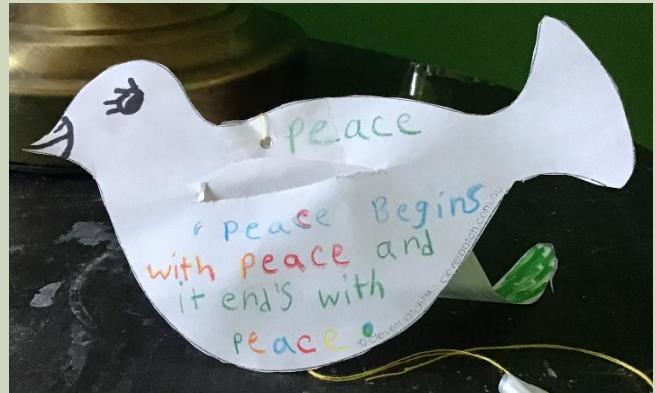
Nonviolence: Students created a board game on the value Nonviolence and the sub-values related to it.

Peace: Students created a dove using the template and added rainbow colour to the wings. Inside the body of Dove, they wrote a message of Peace that they would love to spread in the world.

Right Conduct: Students created a poster using the web tool Canva.

Love: Students performed a drama based on the story *Under the Lemon Moon* demonstrating the value of forgiveness.

Truth: Students created poems and stories on the value of Truth.



Right Conduct posters



Truth Story



Dakota was under the covers she was the typical girl who was shy and nervous. Going to school would just make things worst. But she was dragged from her bed and into the car as she assumed she would have been. When she got to school she met lots of kids. One of them was Jack. She learned he was known to lie a lot.

This made her uncomfortable but still... One day she saw Jack vandalizing the wall with 8th graders from somewhere else... she gasped that was NOT acceptable she was gonna march but then Jack saw her and stammered "Hey Dakota... I was trying to stop them but they said they would punch me."



"Mm hmm..hmpf" she grumbled, then went away. Dakota was mad and wanted to tell the teachers but had no proof. The next day she went there and saw the wall was painted with evil words. She was over the top now like a bursting flame, and examined the wall at the bottom – it said 'J.W. Jack Woodman!' She had the proof and she did a small dance oonze oonze. Then Jack came over... "Hey Dakota???" He said.....

"He he... this is...this...never mind. I GOT PROOF YOU DID THIS ON PURPOSE!" she exclaimed.

"No way, Dakota. I was in the cafeteria this whole time. How could I have done this - I just came out????" he said. "But but... it says J.W. for Jack Woodman!!!!" she stammered.

"No, it says 'Justice Wonderware.' It's the school motto," he replied.

"FINE!" she replied angrily.

She was devastated, but Dakota never gave up. She ran to the Principal right away, before he entered his car after school, and panted "Huff is puff... Justice huff Wonder....ware puff the motto?"

"My Miss Elision you have quite the imagination, of course it is not.... We read and we work; we are the bookworms!" he said

"Ok, thanks Mr. Paul" she said and dashed home thinking of a plan....

She knew what to do. She was sick of his lies and would not stand it one more time.

The next day on her way to the washroom.. Jack was there.

"Hey Jack, guess what?" Justice Wonderware" is not the motto and J.W. stands for JACK WOODMAN! You lied and you had a smile. You lied twice and I shall not take it anymore. So buh bye!"

"Uh....ok, fine sorry?" he replied shrugging.

"And your gonna paint this whole thing with thousands of kids around the globe happy!" Dakota said back smiling.

"W, what? Ok, Ok man..." he said and he never said a single lie again.

Truth Poems

Honesty

By: Anushka Tushar Malavade

Honesty is truth.

Honesty is the taste of a trustworthy friend.

Honesty sounds like a soft melody song.
Honesty smells like a sweet honeycomb,
with no dark spots.

Honesty looks like a pure hearted person.

Truth feels like stress relief.

Truth

By: Cavin Karthik

Facing the light we see who we really are
when no one is looking.

The darkness hides all mistakes and tragedies
stored away inside
but revealed deeper, behind bright shadows
is the truth,

Held still by time, floating on a mist slowly leaking
down.

Mysteries face us daily deceiving and disgusting,
constantly waiting for the true image to be discovered.

Truth

By: Shreya Kapal-Nadiwon and Simranne Riyat

Truth is as pure as a crystal clear lake
Which ripples when you lie
And sinks deep in by your heart
Which will then ache

Unless you tell the truth or you won't be free
Only leaving a scar that can't be fixed
From the lie you told thee

Truth is the essence
Of the breath
Which gives the gift of life
Be careful of how you use this wonderful gift
Tell the truth to replenish this gift
Or hide your soul instead of having peace



Non-violence Board Games

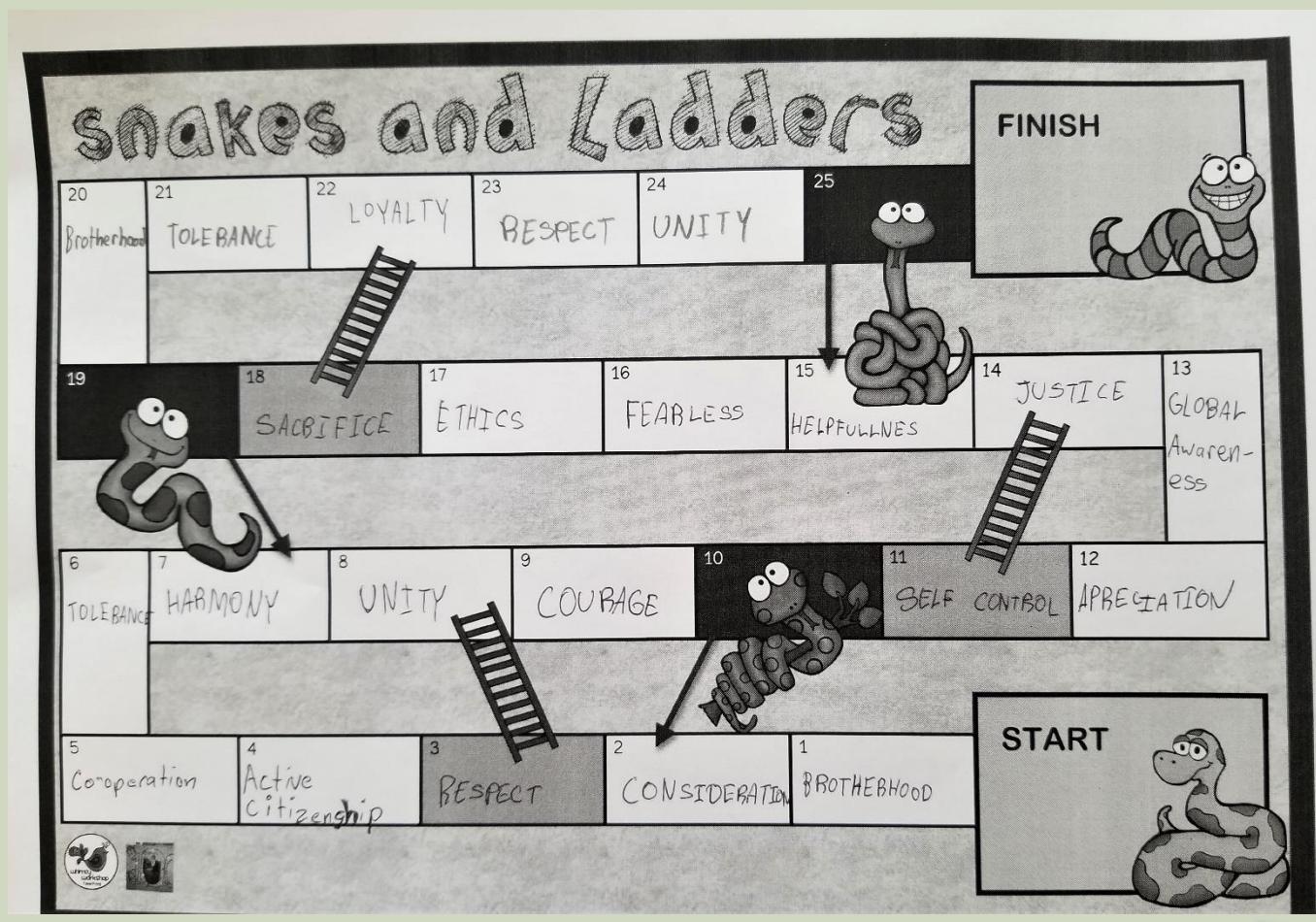
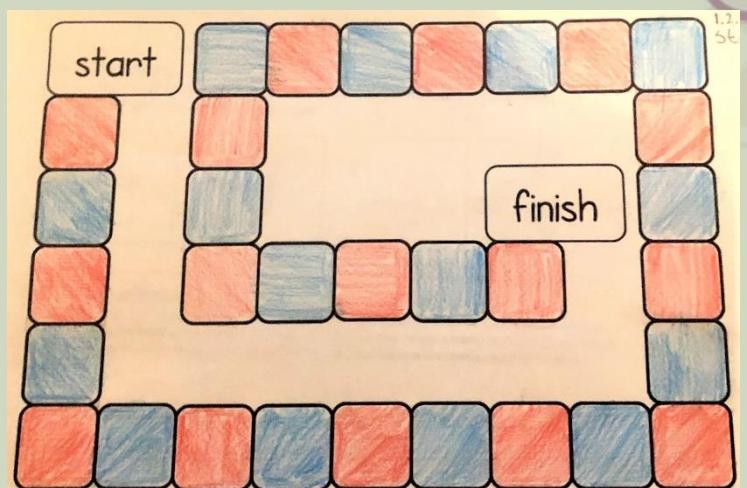
Board Game Rules

Rule 1. Roll the human value dice.

Rule 2. Roll the number dice.

Rule 3. Have to follow the value you land on or else you go back 2 spots.

Rule 4. For example, if I get Respect then I go 5 spots Up if I follow the rule, and if I don't I have to move 5 spots Back.



Grade 5

by Mrs. Seema Sharma & Grade 5 students

The Grade 5 activities for human values day were:

1) Students were divided into five groups. Each group was assigned a value and was asked to draw a story (no words are allowed). They brainstormed, drew, used finger puppets etc. and after a block of collaborative work, they presented it to the class.

2) Students used Canva to create a gif (graphic and static animated image) of an angel with moving wings. Since they are online this year, they are learning art through technology. Mrs. Sharma created a video as part of the lesson plan, that was used to teach the students how to create the gif. Then during the class meet, they used this gif as their background, showing behind them, with the student and the wings moving (they all looked like angels). Each student made a heading of their own; for example, "I am an angel of love."

Video by Aashna, Avik, Trupti, Debasish, Kiva

Man Judges Doctor, then what happens is surprising!

Link: <https://www.youtube.com/watch?v=Q-OZgQ-cbGg>



Grade 6

by Mr. Parthi Kandavel & Grade 6 students

Five human values activities for Grade 6:

1. **Peace:** Five groups of role play dramas on the importance of Mental Health during this lockdown and pandemic.
2. **Love:** Poetry to Chancellor Sathya Sai Baba expressing their gratitude for this school and His teaching.
3. **Right Conduct:** Four groups, two debates on the sub-value of Conservation
4. **Non-Violence:** Art through choice of (pastel, paint, crayon, or sidewalk chalk) showing the violence we inflict upon Mother Earth through pollution, war, etc.
5. **Truth:** Writing assignment on what are the universal and timeless Truths about Life during a time of isolation and self-reflection.



Grade 8

by Mrs. Nandini Menon & Grade 8 students

Truth:

"If only man watches and studies Nature carefully, he can imbibe a lot of philosophy from it which will help to make him a better person." ~ Sathya Sai Baba

Nature has different ways of proclaiming truth through the life of creatures other than Humans. As Sai Baba says, these can be the Philosophies adopted by Humans to be better people. Students have to do some research and come up with one Philosophy that is nature's way of balancing life.

Dolphins – If Kindness Was an Animal

Dolphins are among the most intelligent and gentle creatures on this planet. You wouldn't believe me when I say they even have their own language! But the most amazing thing about dolphins is how caring they are to their fellow pod members. According to Aquaworld, dolphins are able to care for old, sick and injured members of a pod. Imagine how the world would be if everyone was like that! A truth about nature we all should learn from.

~ Aadhyaa

Truth

Squirrels play an important role in the ecosystem. Their most important role is forest regeneration. They contribute in shaping plant composition. They like taking seeds and burying them, although the seeds are the main source of their nutrients. The nuts and seeds they bury and forget about are able to sprout and become new trees and plants. They help disperse plant seeds for future trees.

~ Ishwara

Birds

When birds are learning to fly and soar, they are taking a huge risk by falling and failing, yet they keep trying until they can fly properly, understanding that they need to practise. This type of situation shows independence in birds and they try hard even if they fail, they go again and try again, knowing that practise helps you improve. This is a true way of optimism and determination and is the absolute key to success.

~ Netra



Love:

Write a Haiku poem on Love, according to its specific rubrics, and to include words and phrases of imagery or symbols of love and a catchy title.

Agape – The Best Type of Love

Love is a strange thing
But we should love everyone
That's called Agape

Explanation:

Agape is a Greek concept, meaning unconditional love for everyone and everything, much like how the Sun gives us light and heat even though it gets nothing back. We all must love each other as brothers and sisters, and follow Agape.

~ Aadhyा

Love

Love is like a mix
A mix of caring and warmth
Love is in us all
~ Jeevan

The Sky of Love

It's quite like the sky
The stars twinkle like our eyes
Endless like our love
~ Pia

Cupid's motto

Love gives me my wings
Its eternal harmonies
With you forever
~ Inaya

Love: The Passion of Reading

A book soothes the soul
Love opens magical doors
The key to my heart
~ Aathitiya

Love

God's love is pleasing (5)
It is inevitable (7)
Insurmountable (5)
~ Ishwara

Right Conduct:

This year for Halloween you and two of your friends dressed up as The Three Amigos. You wore sombreros and vests and spoke with a fake accent. During the day you learn that your costume has offended some of your classmates. They feel that your dress and some of your actions are disrespectful to their culture. You don't mean any harm, but you're really proud of your costume and would like to continue wearing it.

How would you use the sub-values of Right Conduct to deal with this situation? Please write and be very clear about what you would do to solve the conflict, using some of the sub-values, such as ethics, courage, sacrifice, leadership, duty, responsibility and initiative.

What I would do...

In order to solve the conflict at hand, first I would properly explain to the offended people that we are not trying to harm or make fun of their culture since we are respecting the greatness and importance of it and spreading the culture through unity and respect. We would really be depicting the rich history and importance of what their culture truly means and how it plays a unity role in the world.

~ Jeevan

What I would do...

Even if I'm proud of my costume, the right action to take in this situation is to take off my costume and apologize to those classmates/teachers I may have offended. Wearing the traditional clothes worn in "The Three Amigo's" could be offensive to some of your classmates, and attempting to speak in a fake accent, is quite disrespectful. The majority of people wouldn't appreciate others trying to speak in their accent, as it feels mocking. It's fine that you didn't mean any harm, but either way, you should take the costume off, or switch to a friendlier costume that isn't offensive. Doing so determines that you are inclined to take responsibility/leadership in a problem, and are willing to make sacrifices for it. Overall, solving this problem in this manner is a great way of demonstrating Right Conduct.

~ Lakshana



Non-violence: Creating Proverbs

Students have to use one "adjective" that is related to Non-violence and create a proverb symbolized with a cartoon which illustrates a learning moment.

"Flowers are nature's wonder. They keep their majestic composure even in the toughest of climates."

This proverb illustrates the need for initiative and serenity when dealing with difficulties. This connects with non-violence as working with calmness prevents harm through words and physical injury. When life throws obstacles at us it is important for us to learn and mature from situations using non-violence. Not only does this prevent pain on all fronts but it helps make us bloom and prosper positivity in all states of mind, body, and spirit.

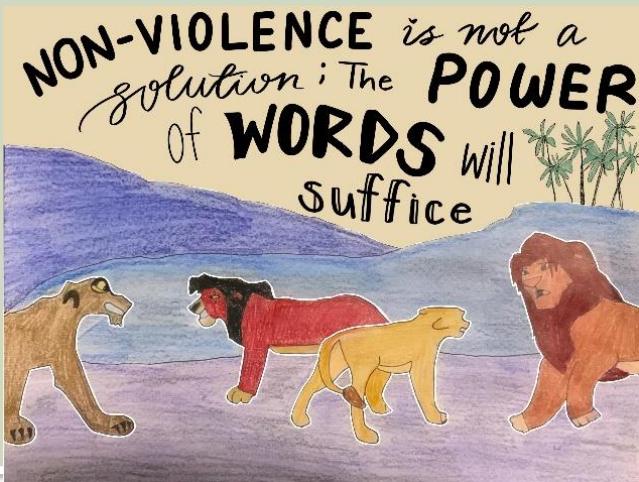
~ Abhinna

Aiming or Aimed at peace through Non-violence
"Those who approach the lion in an irenic manner are able to tame and befriend the beast. Do not be hasty, violence may be the fastest option but it truly is not the right one."

Irenic definition: "favoring, conducive to, or operating toward peace, moderation, or conciliation" or "aiming or aimed at peace"

~ Pia Choksi

Proverb Through a Drawing ~ Aathitiya



Peace: Blind Contour Drawing

Blind Contour drawing of Hands Holding interlocked as a symbol of Peace. This is also needed as Art for geography, since we are learning Immigration, Art for Human Values Day and Art for their Curriculum.

Aathitiya



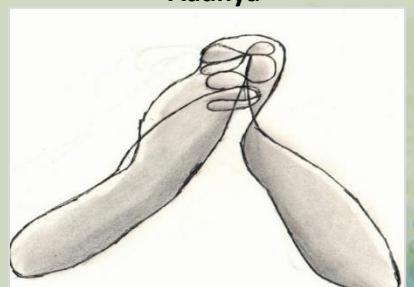
Netra



Inaya



Reach out to the needy.
~Aadhyा



Children Helping Children Campaign 2021

Presented by Mrs. Sobana Sharanigan and grade 1 students

[Excerpts from video]

1st student: "Children Helping Children Campaign is a selfless service project in which children will do one month of extra chores and make sacrifices to raise money from family and friends who have agreed to sponsor their work. The money raised by all the students is donated to help children worldwide. The purpose of the CHC Campaign is to provide help to some of the many children around the world who are impoverished, have no education, no family support, have no food, or are victims of natural disasters. The goal is to transform children living in poverty into tomorrow's leaders."

2nd student: "Today I am going to speak about my true inspiration for Children Helping Children. For many of us it is as easy as turning on a tap to get clean water, but in some countries, finding clean water is nearly impossible. It is the story of Ryan Hreljac who helped the entire village to get clean water. He did this big task when he was just six years old like me, and he made his grade 1 project as Ryan's Well Foundation. Ryan's journey of helping other children started when he was in grade 1 and he raised money for his first well for Angulo Primary School in Uganda. He spoke around the world about water issues and water-borne diseases, and the importance of making a difference no matter who you are or how old you are. He visited our school on May 17, 2001. Ryan's hard work, strong determination and selfless effort have helped him to raise thousands of dollars to build many wells in poor countries. His foundation has brought clean drinking water to over 16 countries, which has not only saved millions of lives, but has inspired others to be kind and big-hearted like he is – especially to me as he always says everyone just needs to find their puzzle piece

which fits into the world and solves the world's problems. When I think of my puzzle piece, I feel like spreading love and providing books to other children so they can learn and get knowledge, these are the best things that we can give to our entire world, and awareness and spreading knowledge are the only things

that can solve the world's problems and make an impact on other children's lives.

Our CHC tradition started after Ryan visited our school in 2001. We should participate in CHC as much as possible, and together with other children we are responsible for bringing equality to the society and spreading love and knowledge to other children who need our help. Our Sri Sathya Sai Baba says about this, 'Engage yourself in service activities and consider social service as a service to God. This is the best way to earn God's love. Love All and Serve All.'"



SS: "Our school is very special as it focuses on five human values and how they affect us and others who are around us. This CHC Campaign is a very special project, as it is a great example of how these values that we are learning in our school, can go beyond borders despite our age."

Our Founder Chancellor Sri Sathya Sai Baba says, "Being a good example is the best form of service." So, let us set a good example of what selfless service looks like to ourselves and to the world. Our Founder Chancellor has set an example of what selfless service looks like through his actions. He said, "Love All, Serve All. Help Ever and Hurt Never." He helped many people around the world by providing them with free education, free health care and access to drinking water. Since 2001,



our school and former students have helped many people around the world, such as victims of war and earthquakes, and to children in impoverished schools.

Let us begin our act of selfless service. How do we implement that in our school, especially in these unprecedented times?"

3rd student: I am in grade 1. How do we implement CHC Campaign? When Ryan Hreljac visited our school in 2001, the three young classes at that time – JK, SK, Grade 1 – were tired by doing extra chores and contributed money to the CHC fund, which was then presented to Ryan during his visit, representing the Ryan's Well Foundation. Since that visit, the Sathya Sai School has funded the building of three wells in Africa. The CHC Campaign each year instills the spirit of sacrifice in the students, as they gladly give up buying toys, birthday gifts, and other nonessential items, and instead donate this money to the CHC fund. Students have discovered unusual sacrifices, including girls raising money by cutting their hair for wigs for cancer patients. Parents are asked not to just give their money to their children for CHC – the children have to earn it in some way.

Since then, each year, the students at Sathya Sai School have worked hard and sacrificed for children suffering around the world. Each year, 10% of the money raised by the students is donated to Ryan's Well Foundation, and the remaining 90% is donated to a chosen international project to help children.

Now what do we have to do to raise money? Please do chores at your house and record the date, time, and the amount of money you earned for that chore, and submit the recorded notes and money to your class teacher. Drops of water turn into a mighty ocean. Let us all give our helping hands for those who are in need. Alone we can do so little; together we can do so much. Thank you and have a wonderful day."

Mrs. Sharanigan: "Love and simple acts of kindness can lead to domino effects in our society. Let us make our mode one of love and kindness so that it spreads around the whole world. Practicing values is equal to living a full life in thoughts, words, and in actions.

Thank you, students, for your Love and Spirit of Sacrifice."

You may view the CHC 2021.mp4 at the following link:

<https://drive.google.com/file/d/1bRa7Otbne1J4tbAuRDuTvlv7JcfMIke/view>



Ryan Hreljac's 1st visit to Sathya Sai School in 2001.

Students have raised enough money to build 3 wells.

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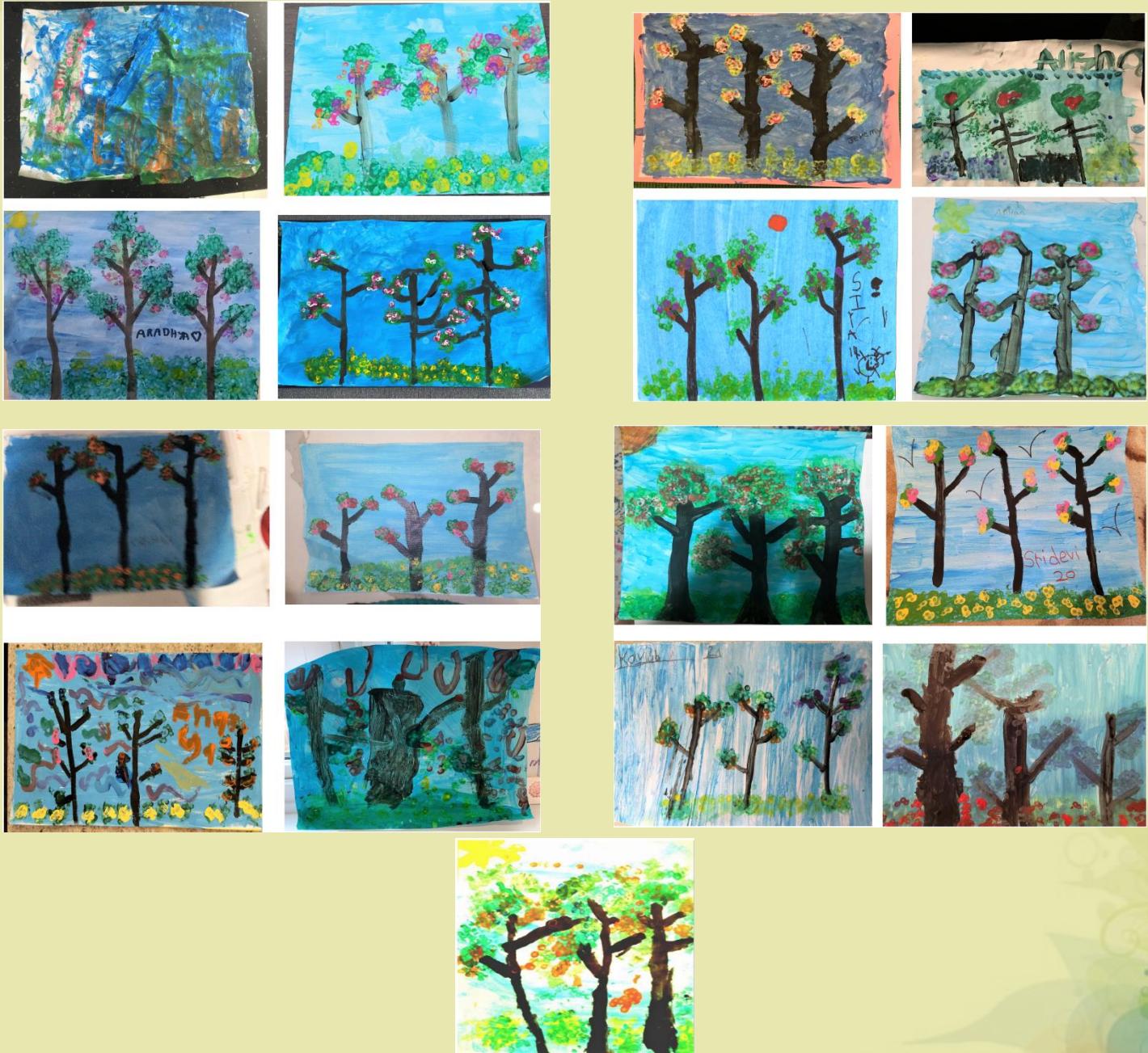
CHC funds donated to a values school in Nigeria.



JK

CHC – Paintings for Sale

The class return to online learning after a week of Spring Break. Students brought back good memories, fresh ideas and a happy disposition after a much-needed break. The students noticed how the weather has changed: trees, plants and flowers have bloomed. The JK students described their observations verbally and created a beautiful illustration. The materials were simple as they only used cotton swabs, paints and white card stock. This day happened to be the launching of “Children Helping Children” campaign for the whole school. In this event, the children will raise funds by doing some work in exchange for monetary value. The funds collected will be donated for a good cause. The class decided to sell their art works to their immediate or extended family members.



Earth Day, April 22

A presentation on Earth Day was conceived by teacher Mrs. Nandini Menon and created by Grade 8 students: Aadhy, Aathitiya, Abhinna, Bargav, Inaya, Ishwara, Jeevan, Lakshana, Netra, Pia, Pranaya, Shiya, Tharmik, Vanishri. The video was shared online by all classes at Sathya Sai School on Earth Day, Thursday, April 22, 2021.

The video is available on YouTube at: <https://www.youtube.com/watch?v=QPoKA0oURw8>



This video was created by the grade 8's to teach you about Earth Day, and how you can celebrate it at home. We dearly hope you enjoy this video

*Happy
Earth Day*

Following are some points from the students' video.

History of Earth Day

Earth Day provides us with a time “to appreciate, reflect upon, and to demonstrate action to protect this planet we call home” :

- To raise awareness of climate change and global warming.
- To act towards the protection of one’s environment.
- The need for the conservation of the Earth.
- Celebrated on April 22nd because this is between the Spring Break and Final Exams of most colleges, allowing college students to participate in Earth Day activities. It also is close to Arbor Day, the day for planting trees to recognize the importance of trees in our environment.

- day for planting trees to raise awareness of the importance of trees in our environment.

Ways to celebrate Earth Day

- Exercise outside (e.g. walking, biking), to reduce use of cars and fuel emissions.
- Use things that are re-usable, such as water containers, shopping bags.

Earth Day at the school in pre-pandemic times

- The students were assigned to clean up different areas of the school’s environment, by collecting litter in garbage bags. The activity was both cooperative and enjoyable. It reinforced students’ awareness of the importance of respecting rather than damaging Mother Earth.



- In 2015, the entire school turned off its lights for the whole day to demonstrate an easy way to save energy, in support of nature and our planet.



Earth Day in 2018, with grade 5 students.

- The new school building has solar panels installed, to help conserve energy.

Ways to Celebrate Earth Day from Home

- Turning off lights when not in use.
- Buying eco-friendly light bulbs.
- Limiting water use, e.g. in the shower or when washing dishes or brushing teeth.
- When going to a nearby destination, walk or bike instead of driving, to keep pollution down.
- Using public transportation and carpooling to reduce the number of cars on the road.
- If possible, use electric or solar powered cars.
- Try to buy organic or locally produced foods, instead of processed foods or foods transported from distant places.

Making a Seed Bomb

- Seed bombs are clusters of earth, clay or paper that contain plant seeds which can be scattered on the ground where needed. They help to bring about the growth of new plants in nature.
- New growths help animals and insects that pollinate the earth using these plants.

Role Play on methods to Reduce Waste

- You can recycle paper, rigid plastics, jars, cardboard, aluminum beverage cans. Be careful not to include food waste, chemical containers, light bulbs, foam cartons, batteries and wood.
- Recycling is reusing materials for different purposes, such as melting the plastic in a plastic water bottle and using this to make something completely different out of the same plastic.
- Recycling helps the environment by conserving natural resources, protects ecosystems and wildlife, reduces the demand for raw materials, saves energy and lowers carbon emissions.
- The collection and disposal of recycled materials creates new jobs. Your small act of recycling a plastic water bottle has a domino effect that helps so many people.
- Remember the 3Rs: Reuse, Reduce, Recycle.

Ways to Be More Mindful towards the Earth

- Avoid fast fashion brands that use materials that are harmful to the environment and use child labour.
- Each year, eight million tons of plastic waste escape into the ocean from coastal nations. We should do our best to reduce plastics by using reusable items.
- At home, turn off the lights when you are not using them; take showers instead of baths; adjusting your thermostat; washing your laundry by hand or in cold water; composting if you can.



“Reduce your wants, minimize your desires, all these material knicknacks are shortlived.”
- Sathya Sai Speaks, Volume 2, Chapter 3



Public Speaking Awards

Though the school was online, you could feel the anticipation and eagerness of student finalists, as they delivered their speeches Friday, April 30th. The whole school watched and listened, albeit from their homes, as each speech was delivered by students with confidence, voice modulation, and appropriate gestures to engage the audience. Please keep in mind that the speeches are marked according to many criteria, most of which cover the delivery of the words, rather than just the content of the speech.

The teachers recognize that all students in grades 1 to 6 worked hard to prepare, memorize and practice their speeches and wish to congratulate each and every one for their efforts. Nonetheless, teachers were given the task of marking the delivery of the students by following a detailed rubric. Printed below are the names of the award winners in their divisions. (The actual speeches will be printed in newsletter #5.)

The grade 7 and 8 students have the challenging task of creating an Extempore speech after drawing a topic. They are then given 30 minutes time to prepare by evaluating the topic and combining research with personal perspective, and organizing all into a speech!

Public Speaking Awards	
Grades 1 & 2	
Gold	Anandi Sai Cheekoori
Silver	Anjalica Neethan
Bronze	Divij Adiga
Grades 3 & 4	
Gold	Sathya Spaley
Silver	Aaran Neethan
Bronze	Iman Ali Raza
Grades 5 & 6	
Gold	Abisha Amalan
Silver	Saina Rahane
Bronze	Syon Harilall Sai Shevaa Rajganesh
Grades 7 & 8	
Gold	Aathitiya Prabaharan
Silver	Vineysh Neethan
Bronze	Sophia McLennon



Grade 4 reflections of students after we conducted the public speaking event

Please increase the percentage on your viewing screen to read the following.

3 Things I learnt from public speaking contest

Why was it important to you? How has it brought a change in you? What did you learn?

Nirvan

I learned that you have to be optimistic and confident to be able to succeed. You have to have the courage to speak in front of everyone.



Cavin

1. It was important to me because it helped me to improve my vocabulary, writing and reading skills.
2. It helped me be more confident while speaking in front of the whole class.
3. I learnt new ways to write and expand my speech. I also learned to fix my mistakes.

4

Simranne

I was excited to do this speech it was important to me because I was going to explain my thoughts in a speech. I could write about something and help expand peoples ideas and minds. I learned that it was not just about winning or power or getting a reward but having the time to prepare and have patience you couldn't write your thought in a few minutes but you could stay calm and write your topic and a amazing way and amaze people. It was amazing to see that we and our reflections change over the years. We could change the way everyone is because the way we grow. We can always let our great imagination magnify people every year because of this speech.

3

Khush

1. Don't be angry that you did not go in the final rounds .

1

Aarav

I should be confident on your goals never give up on your goal partice makes perfect and will do better

4

Sathyia

1. When you do your speeches, don't focus on the reward
2. When I did my speech, I learned about love myself
3. I learned to talk more confidently

4

Inika

Three things i learned from public speaking- 1. keep eye contact 2. don't be sad sad you were not chosen be happy for others you can try agian next year. 3. never give up if your lost.

4

Sharun

1. we learn winning dose not matter .
2. learn your mistake maters .
3. we will learn how to fix our mistake

3

Anushka

The 3 things I learned in public speaking:
1. Keep on going no matter what. If you feeling like giving up try again you will eventually you will put something together.
2. Believe in yourself! You can do it! You can do it! Do not think about the bad things and do not compare the speech with others. Your speech is perfect as it is.
3. Appreciate everyone Everyone is a winner. We all worked so hard. Do not blame yourself. You are a winner as well if you put the hard work into it.

5

Yaaksha

1.even if you didn't go into the final round it is the effort that matters
2.don't blame yourself

1

SHIRIRAM

I learned not to give up
I learned that you have to be trying
I learned that you have to be confident.

5

Shreya

I learned that each time the contest comes to an end I improve. And this contest isn't just for rewards but for the effort I put in it.

3

Lilakrushna

Art is important because i learned a lot It changed me by talking more well I learned that we need to respect everyone art

3

Tiana

1. If you practice you become better at it.
2. It is not about wining it's about learning from your mistakes.
3. I learned to be convident and brave.
4. I learned to be yourself.
It was important to me because I wanted to improve my skills.



5

Advaitha

i learned that we should never give up and try again next time but still even if you came in the finals or not, you should practice and support everyone. Practice makes Perfect.

4

Sharwin

1.i learned Public speaking isn't a big competition, its an chance to improve yourself.
2.I learned not to give up and keep trying.
3.i learned to be myself and just focus with all thoughts out of my head.

6

Gayatri

The 3 things I learned from public speaking is to be determined to write a really good speech and complete it. another thing I learned is to work hard to practice your speech. And the other thing I have learned is to be confident while saying your speech.

4

Ahan

What 3 things have I learnt from public speaking contest
The important thing to me was to learn new words improve my vocabulary spelling mistakes and framing sentences properly.
The change which public speaking brought me was confidence not to be shy and making mistakes I made mistakes I don't care everyone makes mistakes. I made a mistake and learned how to be confidence using hand gestors. But next time if this thing happens I did not make a mistake I repeated the mistake but if I improve my mistakes then I sure I could of succeeded.
NEVER GIVE UP KEEP IN FAITH !!!

4

Lakshmi

I learned that you have to be confident

4

shivam

i learends thats its ok to lose were all freinds and winners we should be happy for those who won but not feel bad we can all try again next time

5

Aadavan

I learned to become more confidant . I learned to speak slower and confidently.
I learnt how not give up even when we make mistakes

4

Aaran

When I was doing my speech I was worried I was always thinking what will happen I kept asking myself will I win, what will they think when I say my speech and just how I will do, but than I forgot about all of the thoughts in my head and said my speech happily and not worried.

I learned that you should not be worried when doing a speech you should be happy.

5

Akarsh

I learned when you practice you do very well and can succeed. I learned during a speech you have to have eye contact with the audience. 1. The speech was important to me because it was a school event where we learned gramer and other things. 2. It gave me confidence so I can work without mumbling my words. 3. I learned you have to keep eye contact with the audience, I learned new words, and I gained confidence



Founder Chancellor Sri Sathya Sai Baba to Students

Nonviolence with purity of mind, tongue and body

Among the teachings of the Buddha to the world the foremost was Ahimsa (not causing harm to anyone). Non-violence is not merely refraining from inflicting injuries on others with one's limbs or weapons. Non-violence has to be practised with purity of mind, tongue and body. There should be no ill-feelings which is a form of violence. To cause harm to others through the body is also violence. No one should be harmed even by speech. The speech should be sweet, pleasing and wholesome. All actions should be helpful to others.

"Buddha laid down three rules for all actions. All acts done by the hands should be good. The proper ornament for the throat is truth. For the ears the best ornament is listening to sacred lore. What other ornaments does anyone need?" (Sanskrit quotation).

What are people doing today? They are listening to what is undesirable. They are looking at ugly scenes. How, then, can they hope to get peace? Only by the harmony of the mind, the heart and the tongue. There should be unity in thought, word and deed.

- Sathya Sai Speaks, Vol.29, Discourse 14



Human Value for Mar/Apr

NONVIOLENCE

NONVIOLENCE

Cooperation

Social Justice

Global Awareness

Service

"Nonviolence is a powerful and just weapon, which cuts without wounding and ennobles the man who wields it. It is a sword that heals." "Nonviolence is absolute commitment to the way of love. Love is not emotional bash; it is not empty sentimentalism."

MARTIN LUTHER KING, JR.

A much-needed service that we can do today is pray for the world's well-being. Please send thoughts of love, light and healing for humanity, all beings, and the Earth to heal. Together our prayers can bring more love to our planet.



April Heritage Month –Sikh Heritage

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.

Below are posters made by grade 5 students, which integrate appreciation of different cultures and religions, with language arts, visual arts, and computer skills to create posters.

What is the flag?

The flag signifies the presence of Khalsa. It is an amalgam of three symbols, represented by three different items. It is most commonly found in front of gurdwaras. On the flag, there are 3 items: the Kattar(dagger), Dhal(shield), and Kirpan (sabre).

What value connection is with the Sikh flag?

We can relate values to harmony because it shows the flag that it brings all of us together. And also collaboration because it means we are having teamwork.

The Sikh Flag

Dasvandh

Dasvandh is when the sikh people donate 10% of their earnings, spend a tenth of their day doing prayers and meditating. You do not need to give the money to the Gurdwara, you can put the money aside and use it for charity. All Sikhs share their earnings with others. They spend one-tenth of their earnings in charity, depositing cash or kind in the common pool.

By: Abirami Rajakuhendran and Jayani Karthikeyan

LANGAR

WHAT IS LANGAR?

Langar is a community kitchen. It serves free vegetarian food in the kitchens of a Gurdwara which is a Sikh temple. Guru Nanak Dev started the tradition of Langar in the 1400's. The aim of Langar is to provide everyone in need of food, as well as to celebrate the practice and help more people understand it. The value connection is helpfulness because Sikh people provide everyone with food irrespective of their culture and gender.

SIKH EVENTS	1897	1908	1914	1965
The First Sikhs Arrived	First Gurdwara was built.	Nine Canadian Sikhs fought for Canada in WW1.	Immigration rules changed, and the number of Sikhs in Canada drastically increased.	
Lt. Col. Harjit Singh Sajjan became the first Sikh to command an army regiment in 2011.	Canada's Census showed Punjabi to be the most spoken immigrant language in the Country.	There are Sikh communities in every Canadian Province.		



Multi-Faith Festivals around the world

Apr 2

Good Friday (Christian)



Apr 4

Easter Sunday (Christian)



Apr 8

Hanamatsuri (Buddhist)



Apr 8

Yom Ha-Shoah (Jewish)



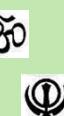
Apr 13

Ramadan begins (Islamic)



Apr 13/14

New Year/Vaisakhi (Hindu, Sikh)



Apr 20

First Day of Ridvan (Baha'i)



Apr 21

Ramnavami (Hindu)



Apr 21

Ader Mah Parab (Zoroastrian)



Apr 27

Mahavir Jayanti (Jain)



Apr 30

Lag B'Omer (Jewish)



Uniform Note

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

Important Dates:

May 2021

- | | |
|-----------|---|
| May 14 | Family Night: JK to Grade 4 |
| May 17 | Children Helping Children ends |
| May 24 | Victoria Day Holiday (<i>No school</i>) |
| May 25-28 | Walk for Values school activities |
| TBD | Walk for Values event |

Family Night for JK to Grade 4

May 14, 2021 @ 5:00 pm

Guest Speaker Dr. Anusha Balachandran

Tentative schedule:

- 5:00 pm onwards log in by parents
- 5:10 pm Dr. Revathi's welcome speech
- 5:15 pm Guest speaker's live session
- 5:45 pm Question answer session
- 5:55 pm Vote of thanks
- 6:00 pm Parents will join their respective breakout room from main room
- 6:05 pm Individual class fun activities planned by PC Reps
- 7:15 pm End of virtual family night

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

