



DEAL WITH PATIENCE

Courtesy costs nothing
but buys everything

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YOU CAN ALSO
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COUNSELLING
NEWSLETTER
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Are you in a hurry to get something done? Are you in a rush to complete your assignment? Are you being impatient with someone, not capable enough in your group? Are you losing your patience because you are not getting the required results?

Patience is an important Life Skill. Patience is the ability to tolerate waiting, delay or frustrations without getting upset or agitated. It is the ability to control your emotions or impulses and proceed calmly when faced with difficulties. Patience leads to emotional freedom which is a lifelong practice. In order to shape your talents and abilities you must deal with patience with yourself and with others. Keep on making the efforts until you master.

"It is not necessary for all men to be great in action. The greatest and sublimest power is often simple patience." – Horace Bushnell.

Patience helps us in seeing the problem in a positive light, which we were unable to see when we were frustrated. Reframing the situation and the matter at hand can be viewed in a positive light only when we deal with it patiently.

Relax when you are engulfed with situations that seem too bleak to be resolved. When you have control over your emotions you are in a better position to see the situation and to deal with it in an effective manner. You avoid making hasty decisions. As at that time you know how to approach a problem and how to overcome the obstacles.

"One moment of patience may ward off great disaster. One moment of impatience may ruin a whole life" (Chinese Proverb).



Academic Integrity

Integrity is choosing your thoughts and actions based on values rather than personal gain.



Academic Integrity is the commitment to honesty, trust, respect and responsibility. It means if you are given an assignment, a project, you will do it with honesty. You will not cheat or plagiarize the assigned work. It is the fairness to the learning environment. Academic integrity reflects your hard work and effort that you put in accomplishing the task that is given.

Learning echoes as growth in school. The more you learn, explore and research, the more you become aware of self and the world around. Academic honesty is the foundation stone for learning process.

If you are academically dishonest and cheat, you are depriving and cheating yourself of the opportunities to learn and grow. It erodes the values and principles ultimately leaving you with no shame or self-respect.



"ACADEMIC INTEGRITY" MAY BE AN UNFAMILIAR TERM, BUT BASICALLY:

"ACADEMIC INTEGRITY IS A COMMITMENT, EVEN IN THE FACE OF ADVERSITY, TO FIVE FUNDAMENTAL VALUES: HONESTY, TRUST, FAIRNESS, RESPECT, AND RESPONSIBILITY. FROM THESE VALUES FLOW PRINCIPLES OF BEHAVIOR THAT ENABLE ACADEMIC COMMUNITIES TO TRANSLATE IDEALS INTO ACTION."

You as a student can avoid academic dishonesty by:

- Planning ahead and using the time wisely.
- Taking guidance from teachers.
- By learning beforehand.
- By testing yourself.
- By keeping track of your progress.

WALL OF WISDOM WORDS

NEVER
JUDGE SOMEONE
BASED ON THE
OPINIONS OF
OTHERS

Please
and
Thank You
ARE STILL MAGIC WORDS.

SPEAK IN SUCH A WAY
THAT OTHERS LOVE TO
LISTEN TO YOU.

LISTEN IN SUCH A WAY
THAT OTHERS LOVE
TO **SPEAK** TO YOU.

PATIENCE IS NOT THE
ABILITY TO WAIT, BUT
THE ABILITY TO KEEP
A GOOD ATTITUDE
WHILE WAITING.

JOYCE MEYER
SPIRITUAL INSPIRATION

The 3 C's of life:
CHOICES, CHANCES, CHANGES.
You must make a
choice to take a chance
or your life will never change.

**BELIEVE
YOU CAN
& YOU'RE
HALFWAY
THERE.**

Never respond to rudeness.
When people are rude to you,
they reveal who they are,
not who you are.
Don't take it personally.
Be silent.

PLAY YOUR PART FOR A BETTER INTERNET!

- Use a strong password. And never make passwords on basis of your names or important dates. Avoid keeping the same password for various accounts.
- Be careful in posting things online. Never share your personal information.
- Don't fall victim of Cyber Bullying. Take help from parents when you think someone is bullying you online.
- Never open links or attachments that you receive from unknown people.



17th February is celebrated as Random Acts of Kindness Day.

In today's world it is important to spread kindness each day. As human beings we need affection to thrive and small acts of kindness may make our days much more lively and comforting.

Kindness among students creates a healthy and safe school environment, where we can learn better. It meets our Social and Emotional needs and enhances learning. When we practice kindness it generates responsiveness, caring attitude, enhances positive environment, eases anxiety and develops a sense of belonging and overall school environment improves.

Start your day with acts of kindness.

Helping spreads kindness.

