



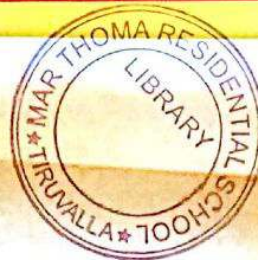
MAR THOMA
RESIDENTIAL SCHOOL
TIRUVALLA



VOLUME 17 ISSUE :1

NEWS LETTER

① Editorial 2018 - 2019
I



Break The Walls And Shake The Hands

Break the walls- I don't mean Donald Trump's Mexico wall, Pink Floyd's album or even the Great Wall of China. These walls are of a more personal nature for each of us. Of course referring to those emotional and mental walls that form around our hearts. Dye to past hurts, current fears, previous abandonment or abuse or whatever other trauma we endured, we have them. I do, you do, and we all do. They don't make any of us broken, they make us *mortal*.

But these walls sure are annoying, aren't they? They affect friendships, careers, goals, education and they can even infringe on our relationship with the heavenly father, depending on what trials we have gone through.

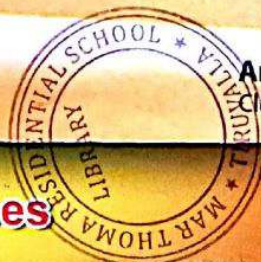
When our tears flow like the mighty Mississippi and the storms of adversity are threatening like the tornadoes to blow our house of faith, well, in those moments we may give anything for a magic wand that will send the opposition back to hell.

God can restore what is broken and change it into something amazing. All you need is faith. - Joel 2:25

Breaking the walls has always been a challenging part of human life. Walls are always diverse. These walls by which we are challenged are often built by us. Often, these walls keep us separated from having a healthy relationship with our fellow beings.

What consumes your mind controls your life. Be unique and focus on change. With our little deeds of kindness, we can shake the world. Conserve your energy and time for breaking the walls that the mind has built around you and building bridges of brotherhood, thus making this world a beautiful place to live in. Great things never came from comfort zones. Make your life a masterpiece.

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Annabel Maria Abraham
Class.XII.C ,Special Prefect

Salute to the Unsung Heroes



HEARTY WELCOME TO THE NEW CAPTAIN OF MTRS, Mr Reji Mathew

THOUGHTS AND THROBS



The heart of education is the education of the heart.

As the new principal I would like to drive home two thoughts to the students, the parents and the teachers:

Allow students to learn by doing.

I hear I forget; I see I remember; I do I learn.

Based on this ideal, we need to rethink about our system of education. Most of us use marks as the yardstick of academic excellence. As per the available statistics only 6% of the engineering graduates are considered skilled. This is mainly because of the lack of conceptual and experiential based education. So let the students understand the concept of what they learn.

My second thought is about physical fitness. A certain level of lethargy has infested our minds with the advent of smart phones. Gone are the days, when kids rushed to play outside, right after school hours. Junk food has worsened the dilemma. It must be ensured that the students get at least 15 minutes of exercise every day.

Mr.Reji Mathew
Principal

ORIENTATION PROGRAMME FOR TEACHERS 2018-19



Empowering Teachers is the key to Enhancing Education.

One of our greatest assets in the society is teachers. Teachers play such an enormous role in the lives of students. They have the ability to inspire, empower, and foster environments of self-confidence, passion, and nurturance. Mar Thoma Residential School under the able guidance of the Principal Mr.Reji Mathew, Vice-Principal Mrs.Anitha Susan John and Headmistress Mrs.Anis Sunil Jacob organized an eventful and enriching Orientation Programme for the teachers from 28th to 30th May, 2018.

28th May: With the noble intention of honing the teaching skills in order to create a gratifying teaching-learning experience an enriching and informative session was led by Rev. Aby. T. Mammen (Vicar of Immanuel Mar Thoma Church, Pathanapuram) at Charal Mount Christian Education Centre. In that session, he also discussed about the need of a teacher to be updated in the challenging world and the importance of going the extra mile. It was boosted up with the singing sessions and games arranged by Mr.Robin Thomas.

29th May: To enable the teachers to conduct themselves better and get geared up for the academic session, the teaching staff along with the Principal discussed the rules that had to be followed in the school. He reminded us that, we belong to India which is famous for its *guru-shishya* tradition. He also emphasized the need for enabling the students to grow with love, confidence and positivity. It is the teachers' duty to have a positive approach in order to establish and maintain a cordial relationship.

30th May: The session was handled by an educational consultant and counsellor, Mr. Abhilash Joseph. He pointed that the mindset of the ignited teacher is motivated to help all students to feel special and appreciated. He also added that we accomplish this by being empathetic, treating students in the same ways that we would like to be treated, finding a few moments to smile and make them in ways they can learn, exercising painstaking care to avoid any word or action that might be accusatory, by lessening their fears of failure, by encouraging them, and by recognizing their strengths. When we can achieve these things, we will become charismatic and ignited teachers. Mr. Abhilash said, all students differ and learn differently and we must teach them in ways which is conducive to their learning.

The sessions culminated with expression of gratitude to the resource person for gearing and equipping the school to the next level. The very ambience reaffirmed the commitment of the teachers to provide quality education.



SCHOOL RE-OPENING AND WORLD ENVIRONMENT DAY

The School re-opened on 4th June, 2018 with great fervour and enthusiasm for the new academic year. School celebrated the World Environment Day on 5th of June, 2018.

The students of Std VIII A under the guidance of Mrs. Reena Elizabeth Chacko in the presence of Principal Mr. Reji Mathew and Vice Principal Mrs. Anitha Susan John hosted the programme in the school premises. Various saplings with their scientific names and importance were introduced to the students. The students planted a sapling along with Principal and Vice-Principal.

WELCOME ASSEMBLY

The students of MTRS got an opportunity to celebrate the fresher's day on 6th June, 2018 when the students of Std. XII welcomed the new batch of Std. XI with immense pleasure. Std. XII students with the guidance of their class teachers had put up a wonderful programme to welcome the fresher's. Principal Mr. Reji Mathew welcomed the Std XI students as they introduced themselves. School counsellor, Rev. Dr. Joe Joseph Kuruvilla later on led an inspiring session for the freshers.



COMMEMORATION DAY

45th Commemoration Day, the first official function of the new academic year, 2018-2019, was held on 8th of June, 2018. Rev. K. E. Geevarghese, newly appointed Vice-President of Mar Thoma Educational Agency and Vicar of Kuttapuzha Jerusalem Mar Thoma Church, led the congregation in prayer. Guest of Honour Rev. K. G. Joseph,



Mar Thoma Sabha Secretary, reminded the gathering about God's wisdom and importance of teachers and parents in the lives of the students. He also encouraged the students to acquire good leadership qualities. The tiny tots, who newly joined the school, were blessed by the Guest of Honour and welcomed by the teachers.

PREFECTS' INVESTITURE

Prefects' investiture ceremony, one of the most important functions of school, was held on 22nd of June. The function commenced with the procession of the student leaders onto the stage. Principal Mr. Reji Mathew welcomed the gathering and administered the oath of office to the Head Boy, Ansal Mathew Philip and Head Girl, Leah Achu Philip and to the rest of the office bearers.

The Guest of Honour, Dr. George Chandy, Principal of Believers Medical College, pinned the badges for the Head Boy and the Head Girl and addressed the newly elected students' council. He shared his insights on the leadership qualities one must possess and reminded them to be faithful to God, parents and teachers.

House captains received their badges and certificates from their respective house masters and mistress'. Other prefects i.e., junior prefects, house prefects and editorial prefects received their badges, epaulettes and certificates from their respective teachers. The ceremony came to a close with the recession from the stage.

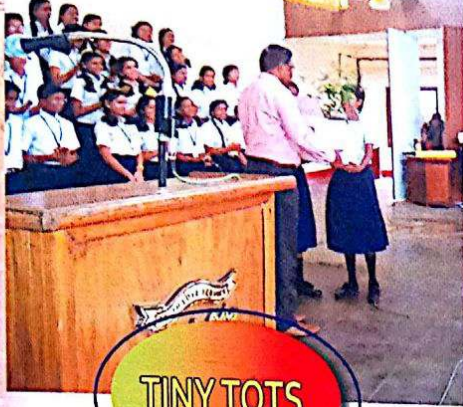
CLUB INAUGURATION



Students are enthusiastic about club activities which refresh them from time to time. The formal inauguration of club activities was done by Mr. T. O. Aleyas, a Litterateur, on 20th of June. He spoke about the pleasure that art provides for the flora, fauna and human beings in this world. He also commented on the risks and challenges a person will have to bear in emerging as a true artist. This year there are sixteen clubs. Zumba dance is the newly introduced one. Experienced teachers and trainers lead the children in different clubs.



VAN MAHOTSAV



TINY TOTS

Van Mahotsav, the festival of trees is a beautiful initiative to save the environment to which we owe a lot. A special assembly was conducted in the school on 11th of July by the students of Std IX A under the guidance of Mrs. Jancy Jose in observance of conserving nature. A thought provoking speech by Annapoorna Ajay followed by a melodious group song of the students pepped up the programme. Saplings were handed over to Principal on the occasion.



There are two lasting gifts we can give our children: One is roots, the other is wings-

H.Carter

Our Montessori and Kindergarten programme focuses on the development of each individual child physically, socially, creatively and intellectually. They have creative and engaging curriculum and activities that are responsive to the children's interests.

The Children in KG classes learn through the Montessori system of education. Our kindergarten now has a new Facebook page (**mtrs kindergarten group**). This page is managed by the Co-coordinator Mrs. Mini Tony. It is another way to keep our Montessori and Kindergarten community up to date.



Achsah Susanna Suresh

Third rank in the Commerce Stream, Kerala Region, ISC March 2018

ACHIEVEMENTS



Abel Jacob Philip
Class. IV D



Cherian Ninan
Class. V B

3rd Prize in 27th All Kerala Open Prize Table Tennis Tournament and Inter School Team Championship conducted at Don Bosco Silver Jubilee Memorial Indoor Stadium, Iringalakuda

AFTER TWENTY YEARS

On the 28th of July 2018, the batches of ICSE '96 and ISC '98 held a reunion at MTRS, celebrating twenty years since graduation. Fittingly, a story that they learnt in school, '*After Twenty Years*' by **O. Henry**, was cited as an inspiration for the reunion being held this year.



About forty students participated, in person as well as via video conferencing. Former principals, Mr. John Joseph and Mr. Thomas P. Athyal, as well as the current principal, Mr. Reji Mathew, attended the function. Many of the teachers and support staff associated with these batches also joined the celebration.

The alumni shared their experiences and memories of school days and sang a special song of appreciation dedicated to their teachers. Former principals and a few of the teachers addressed the gathering in response.

The alumni used this opportunity to lend a helping hand to the support staff, in line with the school motto of '*Truth, Love, and Service*'.

The celebrations closed with photo sessions and a throw ball match reminiscent of the good old days. It was indeed a memorable day filled with fun and laughter.





HELPING HANDS

Students set an example by donating from their pocket money for the flood victims of Kerala. The Scouts of the school have spear-headed the move and collected Rs. 30,000 from the students for immediate relief work.

INDEPENDENCE DAY CELEBRATION

Independence Day was celebrated in school on August 15th 2018. The celebration started at 9:00am with the hoisting of National flag. To commemorate the sovereignty of our nation, Rev. James George (Assistant Vicar of Kuttapuzha Jerusalem Mar Thoma Church) unfurled the tricolour flag and all in unison sang the National Anthem to pay homage to the nation. The students sang the patriotic song with great enthusiasm and respect. Our Principal reminded the students to be heedful about their duties in making our country a distinguished one. The presence of Prof. T.K. George Vaidian, Treasurer of the Mar Thoma Educational Agency also added fervour to the occasion. The celebration ended with a vote of thanks. The staff members were present on the occasion.



OBITUARY



Very Rev. A. C. Kurian Senior Vicar General of Mar Thoma Sabha was taken to heavenly abode on 22nd May, 2018. The school is highly indebted to the valuable services rendered by achen for the betterment of the school. He served as the former Vice-President of Mar Thoma Educational Agency and was a governing board member from 1979-1982 and 2006-2009.

It is hard to forget someone who gave so much to remember.



Cyril Sabu, Std X 2017-18 batch was called to his heavenly abode on May 16, 2018. The bereaved family was gracious enough to donate Cyril's eyes.

ONAM CELEBRATION



*Just as sweetness cannot be separated from honey,
Just as beauty cannot be separated from a rainbow,
Onam cannot be separated from a Malayali's heart.*

Onam, the festival of happiness, peace and prosperity was celebrated with great fervour on 3rd August, 2018. The children observed the special day in their own distinctive styles.

Senior Section

The day commenced with the special assembly conducted by students of Std.XI. House wise competitions were conducted for the senior students in various events like athapookkalam, onapattu, purushakesari, malayali manka, tableau and Mahabali.

Junior Section

The Kindergarten and the Primary school also celebrated Onam with various cultural programmes. Children came in their traditional attires. The Kindergarten students made an athapookkalam with the help of their teachers. They welcomed Mahabali in traditional style followed by thiruvathira and a special performance. Class-wise competitions were conducted for students of the primary section in athapookkalam and vanchipattu. Traditional game vadamvali added zest to the celebrations. Children welcomed Mahabali and various programmes like harvest dance, pulikali, thiruvathira, and vallamkali were also performed.

Principal, Vice-Principal and Headmistress thanked all the participants for their performances and expressed their pleasure for being a part of it.



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