

Sport in Education & Daily Life

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Views from the School Leaders



Anshu Saxena

Principal
Ryan International School,
Dombivli

“School role in developing sports skills to improvise healthy lifestyle routine of the child ”

“A sound mind resides in a healthy body.” The Greek proverb holds true at all times.

The pandemic period has hard hit the overall healthy habits, sleeping patterns and lifestyles of all the adults and the children alike. The children were seriously deprived of physical activities for a long time. With regular offline schools, it's a back to school routine.

Sports training that begins in schools help students to increase cardiovascular fitness and bone density; reduce the blood sugar levels; chronic muscular tension; strengthen the lungs and help them maintain a healthy life style. Mental fitness and agility are the off shoots of good health.

At the Ryan Group of schools, sports and games are an integral part of the school curriculum and time -table. An array of sports facilities like Cricket, Futsal, Skating, Basket Ball, etc., Mass PT, Yoga and the structured Physical Education provide avenues to the students to develop sports skills, agility, flexibility, good health and mental alertness. It also aids in building teamwork skills, leadership skills, 21st century skills of decision making & problem solving, self-confidence, self- esteem, and teach social skills among the students. Positive mentoring also allows students to develop a positive mindset. The sports activities help students to perform better in academics, improve their memory, refresh their minds, release stress and get calmer. The students also learn the art of mental endurance, resilience, and patience. This overall helps them to improve their health standards - physical,

mental and emotional, a positive and disciplined routine and a healthy lifestyle.

The school is, thus committed to make the Ryanites fit and fine and join the Fit India Movement.



Ditipriya Chattopadhyay
Regional Lead Academics
Education Services
Pvt Ltd.

“The Value of Sport in Education”

A crucial purpose of education today is to help our future generations tackle the plethora of global challenges. Inactivity, obesity, unemployment, and conflict are some of these challenges that we must negotiate in order to build a safer, cleaner, and more responsible world. Our schools hence focus on imparting high-quality education and nurturing holistic development that comprises lifelong learning opportunities and **innovative content delivery through the KASSM Approach (Knowledge, Attitude, Skills, Social and Moral**



Sport in Education & Daily Life

Values) and 12 Point Vision.

We consider Sport to be one of the crucial Vision Points that lie at the intersection of knowledge, attitude, skills, and values that enable the development of the 21st-century learner. Sport is not just about learning to play a game. It is a key curricular activity that facilitates the development of physical literacy, fundamental values, and social and cognitive skills.

Physical literacy involves the introduction to core movement skills such as traveling skills, object control skills, and balance movement. Once these have been mastered, children begin to learn fundamental sports skills and how they're used across a range of environments. The Structured PE Programme offered in our schools helps learners to develop foundational physical literacy before moving on to participating in and practicing a variety of sports.

The advantages of physical literacy aren't limited to physical health. It also positively impacts academic performance, mental health, psychological wellness, and healthy lifestyle habits. Hence, physical literacy is no less important than linguistic literacy and numeracy.

Sport helps our students to build character. Nurturing significant social and cognitive skills such as problem-solving, resilience, tolerance, confidence and teamwork is also an outcome of sporty activities in school.

When students play team games such as football or basketball they learn values such as empathy, fairness, equality, discipline, inclusion, perseverance, and respect. Sport thus has the power to provide a universal paradigm for learning values, thus facilitating the enhancement of soft skills needed for responsible citizenship.



Aditi Abhyankar
School counsellor
RIA Bavdhan, Pune

“Sports: Benefits for the body and mind and building resilience”

Being active comes with tonnes of benefits both physically and mentally. When we talk about sports people usually indulge in it for varied reasons, some might want to get fit, have a healthy lifestyle, maintain their energy levels or just enjoy playing it. The physical benefits are clear to the eye, but it also has an impact on the way you think and perceive

the world around you.

Have you ever seen a volleyball player give up after a failed service? Or a cricketer refusing to bat because he got out on duck? The answer is no, as any sport will teach you resilience. Resilience is your capacity to bounce back from difficulties. The result might not be favorable always but it doesn't stop you from hitting a six again. Resilience comes naturally with sports as every moment you are impelled give your best shot and when it happens the achievement is even more rewarding. It will help you to persevere through the tough times to achieve that you intended.

Resilience is marked with acceptance of oneself which will only help you to be a better version of yourself in the future. Any game or sport works the same way, be it a child playing hide and seek with his friends or an athlete competing for a medal. Sports can help you to disconnect from life and focus on yourself in the moment while it benefits you both physically and mentally.



Sport in Education & Daily Life



Dr. Keerthi Bavandla,
Parent of
JGS Habsiguda,
Hyderabad

Importance of sports and games: Health tips for Children

“If you watch a game, it’s fun. if you play at it, it’s recreation”

(BOP HOPE)

The emergence of the pandemic COVID -19 has suddenly changed the lifestyle of most people. A Child’s screen time has drastically increased due to online classes, playing video games, and watching videos... Adults’ screen time increased 3 fold due to working from home and the elderly got addicted to screens than going outdoor!!

All this made a deep impact on a child’s development as Family time has come down!! This led to children not showing interest in outdoor play, not going out with friends or family, and preferring to stay alone or play games on screens than in sun!!!

With this, in these 2 years, most of the children gained excess weight and got OBESITY, MYOPIA (Near-sightedness) and specs dependent, Behavioural changes (angry, aggressive, repulsive and impulsive) and loss of interest in outdoor activities.

GAMES AND SPORTS are very important for human health. They build our bodies and develop our brains. By giving ample exercise to our muscles they make our body Strong and prevent us from getting Obese. After a day’s hard work, Games and sports remove the boredom of life and make us fit for the next day’s work.

Games can be divided into two types, OUTDOOR is played outside on the ground that needs more physical energy and therefore improves physical strength. Eg: Cricket, football, etc. INDOOR GAMES that are played inside under a shade like Chess, Table tennis, Carroms, etc give exercise to our mind and memory.

As rightly said by HEYWOOD BROWN. “Sports do not build character, they reveal it !!”

A good player plays the game with a Sporting spirit which makes him/her understand and accept VICTORY and FAILURE, Difficulties and easy tasks, Ups and downs of a game equally that in turn helps him to face and tide over LIFE CHALLENGES easily and properly. So, Games and Sports develop character and give Health which is quite essential for improving the quality of life, acquiring wealth, and success.

HEALTH TIPS FOR CHILDREN

- Always remember.... “ EARLY TO BED AND EARLY TO RISE MAKES A PERSON HEALTHY, WEALTHY AND WISE.”
- A BALANCED DIET makes the overall development of a child. Reduce consumption of JUNK food and drink plenty of FRESH WATER and AVOID carbonated drinks and canned juices.
- Brushing twice daily, proper hand washing, and maintaining body hygiene.
- Do not watch screens (TV/MOBILE/LAPTOP) while eating food and avoid playing VIDEO GAMES on screens.
- Indulge in Regular physical activities like YOGA, SWIMMING, SPORTS, AND GAMES.
- FAMILY TIME: Spend ample amount of family time with all the family members. This tip is not only for children... it applies to all ages and members of a family as this will make the whole FAMILY Healthy and Wealthy.



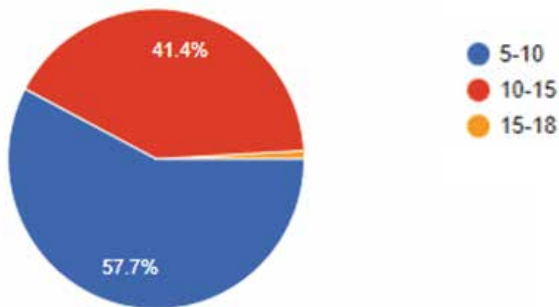
From the HSCP Editorial Desk

Survey of Physical activity and sleep quality—Study Report

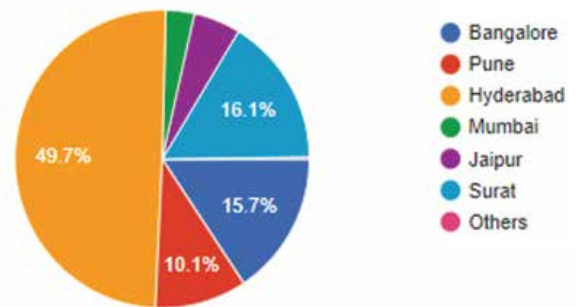
Recently the HSCP Desk conducted an internal survey among the students to analyse their lifestyle preferences which includes their eating habits, time spent on various activities both indoors and outdoors and sleep habits. The student data was kept absolutely kept confidential and used to plan for the upcoming HSCP sessions in the best interests of the children on the topic.

The outcome of the survey is depicted below

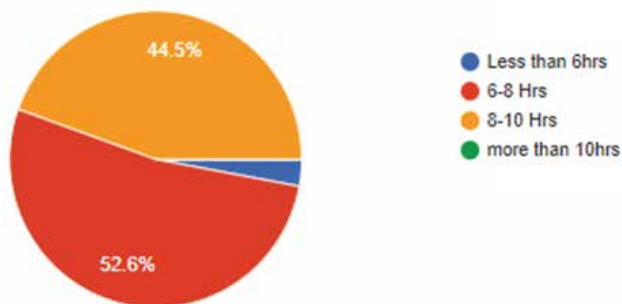
Age Category



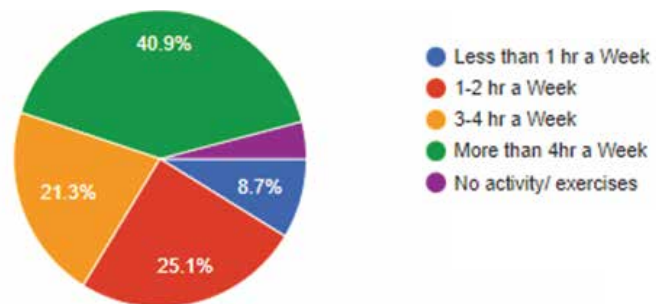
Residing city



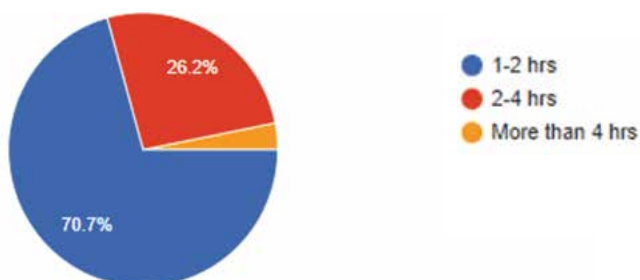
Sleep hours



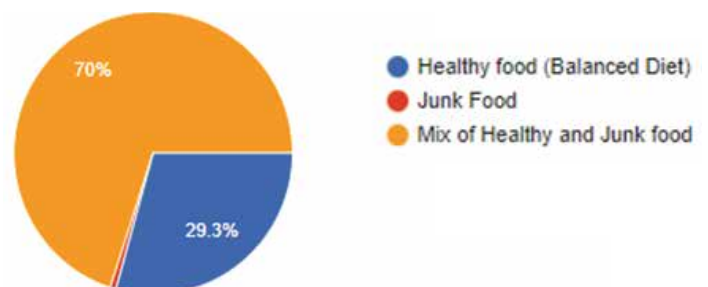
Hours of physical activity (sport/play)



Gadgets (Mobile phone/ TV/Computer) usage in a day



Diet Preferences



Key findings of survey:

We had 466 students from both genders participating in this survey from 6 major cities of India viz;Hyderabad, Bangalore, Pune, Jaipur, Surat & Mumbai. Most participants in the survey are of the age range 5-10.

52 % of the students had good quality sleep of 8-10 hrs in a day. Sleep data is a concern with 3 % of students who sleep less than 6 hrs.

71 % spend (1-2)hrs on mobile/gadgets each day, 26 % (2-4)hrs and 3% who spend more than 4 hrs in a day is a concern.

On the physical activity front on outdoor play/sport or exercise we found 42 % are highly active with more than 4hrs in a week, 4% with no physical activities at all which is a huge concern.

Conclusion: We have the majority of our children adopting a good and healthy lifestyle. However, a small group 3-4 % has identified an area of concern where the parent's intervention is required to improve the quality of lifestyle and thereby help in improving their health and wellness.



Eat

Eat 5 Veg/Fruits
per a day



Reduce

Limit screen
time to 2 Hrs.
or less per day



Play

1 hour or
more of physical
activity per day



Limit

0 sugar
sweetened beverages
per day

“Let’s Go: 5-2-1-0 Rule”



HSCP Activities / Initiatives around our Schools

HSCP Annual Induction Program in the School

Staff induction programs on Health Safety & Child protection and prevention of Corporal Punishment were conducted during this period in our schools. The training program was organized in an interactive manner with activities, case studies and a test for understanding. More than 800 + staff have completed the induction formalities along with the annual HSCP induction test. The staff who has cleared the induction test were rewarded with certificates.



Vaccination Data/Vaccination Campaign in the School

As all of our schools reopened physically for this academic year an important data monitoring was student vaccination. All eligible student community of age 12 to 18 was asked to submit their vaccination details to the school. Some of our institutions also conducted a vaccination camp with the support of local government bodies to support the Covid-19 vaccination drive. The below table depicts the current statistics of student vaccination data of our school. Overall student vaccination stands at 72%.



HSCP Activities / Initiatives around our Schools

World Bicycle Day

This year world bicycle day was celebrated at our schools. A fitness challenge of outdoor cycling was organized for promoting and creating awareness on World Bicycle Day (June 3). This challenge was scheduled for a period of 15 days where our school students (age above 13), their Parents and our Staff participated in this challenge. The theme of the Challenge- was *"Pedalling Good for Health & Earth"*. Rewards and certificates were distributed to people who completed the maximum distance of cycling during this period. We had a total of 82 registrations and a total of 4190Kms was pedalled by the enrolled participants.



World Environment day & Earth Day Celebrations

World Environment Day 2022 (on June 5th) & World Earth Day (on 22nd April) awareness program on promoting *"Only One Earth"* with the focus on *"Living Sustainably in Harmony with Nature"* were conducted in all the schools . Activities like planting trees, poster making, skits and awareness training sessions were held.



HSCP School Committee

The new HSCP committees for the AY 2022-2023 were formed in all the schools. The Job responsibilities were shared during the first HSCP meetings that held in the month of June -July 2022. The students are also a part of the HSCP committee. The HSCP captain and Vice-captain were honoured by the school during the investiture ceremony.



Meet our HSCP coordinators



Kumud Emani

JGS Habsiguda



Seema Garg

Amanora Pune



Rekha Sharma

RES Jaipur



Priya Sahu

Tattva Bengaluru



Nitu S Dhawde

RIA Bavdhan



Kushboo Patel

TMPIS Surat



Sudha R

RIA Sarjapur



Aniha Seth

RIS Dombivli



Divya Negi

RIA Hinjawadi



Raghavendra Kulkarni

JGS Mallapur



HSCP Activities / Initiatives around our Schools

HSCP Impact Program

An 'Impact Program' we have initiated this academic year for supporting our neighbourhood schools on HSCP awareness. An identified school in our school neighbourhood were visited by the Principals, HSCP coordinator, and students for the orientation on Personal Hygiene, Dental Health, Personal Safety, Online Safety, Bullying prevention, and other general student safety guidelines. We have initiated this campaign at Jaipur, Pune, and Hyderabad locations. These schools will be further assisted with the support on a periodic basis.



Fire and First Aid Training Program

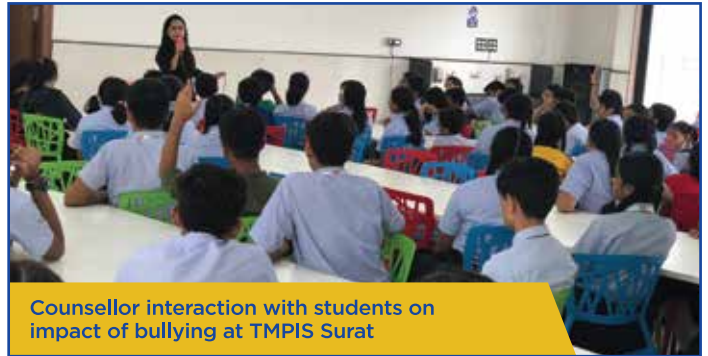
Our Schools conducted fire and first aid training programs for the staff and support staff during this period. This program covered the basics of first aid, handling various first aid emergencies, the basics of fire safety and emergency situation handling, and practical demonstration of using fire fighting equipment.



HSCP Events at School



Anti-bullying awareness program at TMPIS Surat



Counsellor interaction with students on impact of bullying at TMPIS Surat



Support staff safety briefing at JGS Habsiguda



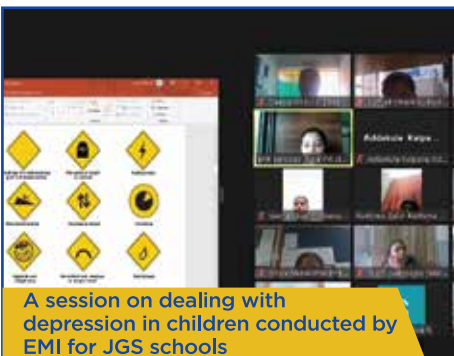
Transport staff training on bus safety measures at Tattva School Bangalore



Transport staff safety briefing at RIA Sarjapur



Doctors day awareness program at Tattva Bangalore



A session on dealing with depression in children conducted by EMI for JGS schools



Dental health check-up camp for students at Tattva Bangalore



World health day special assembly at JGS Habsiguda



HSCP Events at School



Special assembly held to spread respect and kindness to each other at TMPIS



Awareness programs on infection prevention and first aid at TMPIS Surat



Special assembly on HSCP awareness at RES Jaipur



Special assembly awareness on Playground safety awareness at RES Jaipur



Health check-up camp held for support staff at Amanora Pune



Daily safety briefing of security staff at RIA Sarjapur



Annual health check up for students held at RIA Hinjawadi



RIA Sarjapur students visited Manipal hospital on National doctor's day



World Yoga Day session at RIS Dombivili



Parent Feedback Corner



Nirali Zaveri
Mother of Ziya Zaveri, Grade X
TM Patel School Surat

When my daughter Ziya is in school, I never have to worry about her safety. The school has proper safety, a hygienic campus, and a clean environment. Each teacher in the school ensures the proper safety of the child. Children are not allowed to leave the campus until parents bring parent ID cards during dispersal time (if they go by self-transport).

Each bus has a caretaker check for the safety of students on the bus. In the canteen, the plates are clean and thus have high hygiene levels. In short, I don't doubt the safety levels when I send my child to school.

Urvi Patel
Parent of Hiyaan Patel, Grade II-C
TM Patel School Surat



The Health and safety of children is a big concern now a day as we are going through unending diseases and whatnot. But at TMPIS, HSCP is there and all the measures are being taken care of - be it physical health, mental health, or safety hazard management. We as a parent feel secure while TMPIS is taking care of all health and safety measures.



Advocate Seema Khopkar
Parent of Shanaya Khopkar, Grade 3 B
RIA Bavdhan

I am very much happy with the safety and hygiene practiced in school. Also, we receive regular circulars/ alerts/newsletters on HSCP alerts.

School is taking care of various programs/ training of teachers/ staff with regards to child protection and tries each and every regulation to be followed pertaining to the same which is also informed to us through the parent portal.

I have no concerns pertaining to HSCP with the school.

Adhikrao Pawar
Parent of Parent of Mukta, Grade IV & Nandini, Grade VIII
RIA Bavdhan



HSCP team is working very effectively. We had good meetings and discussion on safety measures etc. overall this team is effective in terms of health and safety. Now schools are opened and HSCP team can do more effectively. Happy to be part of HSCP Team.



Parent Feedback Corner



Vishwanath Hosatti
Parent of Sathvik Hosatti, Grade 10 A
Tattva school Bangalore

The HSCP team of Tattva School has taken very good attention to cyber safety. An initiative from the Tattva School on the HSCP activities was very helpful and brought awareness for my kids. Topics covered such as cyberbullying, online safety, safe handling of social media and safe/unsafe touch has created self-confidence in the kids and also helped parents. Bullying creates a depressive impact on both bullies and the victim, hence they should stop bullying. This cyber safety session has brought new confidence to my kids. The health and safety awareness created awareness on how to take care and what precautions should one take during and after the pandemic. Children realized and started taking precautions for themselves. This session included talks on how hygiene promotes good health, thus improving the health standard. Hence we are thankful to the HSCP team of Tattva School.

Ms. Priya Goyal
Parent of Siya Goyal, Grade XI C
Amanora School



My daughter is in Amanora school since she was in Grade IX.

Being a part of such a Prestigious organisation gives us joy. we are truly impressed with the Health and safety measures that the school takes for the safety of the students.

School has excellent precautions when it comes to the safety of the students.

CCTV Surveillance is there at all the required points on every floor for safety with

full access. Fire extinguishers are placed on each floor and all the members of the HSCP team are well trained in its usage.

A proper and devoted team is there to take care of all the necessary health and safety measures. Audit for which is done timely with all the points.

I am happy as a parent to see that the committee of HSCP follows all the precautionary measures for the safety of students.

The safety fire drill was conducted yesterday which plays an important role in enhancing the knowledge of the students.

It gives us immense pleasure to be associated with such a school where safety is a primary concern and we would continue to give our support to the school as and when required.



Leveraging Technology- Body Mass Index

Body Mass Index (BMI) is a person's weight in kilograms (or pounds) divided by the square of height in meters (or feet). A high BMI can indicate high body fat percentage. BMI screens for weight categories that may lead to health problems, but it does not diagnose the body fatness or health of an individual.

BMI table for adults

This is the World Health Organization's (WHO) recommended body weight based on BMI values for adults. It is used for both men and women, age 18 or older.

Category	BMI range - kg/m ²
Severe Thinness	< 16
Moderate Thinness	16 - 17
Mild Thinness	17 - 18.5
Normal	18.5 - 25
Overweight	25 - 30

For children and teens, BMI is age- & sex-specific and is often referred to as BMI-for-age. In children, a high amount of body fat can lead to weight-related diseases and other health issues like obesity, diabetes, high blood pressure and high cholesterol. Being underweight can also put one at risk for health issues.

A high BMI can indicate high body fatness. BMI does not measure body fat directly, but BMI is correlated with more direct measures of body fat.

Category	Percentile Range
Underweight	<5%
Healthy weight	5% - 85%
At risk of overweight	85% - 95%
Overweight	>95%

BMI table for children and teens, age 2-20.

There are many BMI calculators available online. One can use any trusted resource to assess and understand their BMI.

Date Ref Source CDC



Nurturing Engagement: Cartoons Section - Importance of physical activity



Ref source : storyboard that



Nurturing Engagement: Quiz Section

1. Which of the following lifestyle factors can interfere with your sleep health?

- A Eating high calorie food right before sleep
- B Drinking caffeine content drink
- C Smoking
- D All of the above

2. Sleeping less than 7 hours each night on a regular basis can increase your risk of certain health conditions, such as obesity, heart disease, stroke, depression, weight gain, and diabetes.

- A True
- B False

3. Not getting enough sleep can lead to weight gain.

- A True
- B False

4. A desirable level of fitness can be achieved through at least _____ workouts per week.

- A 2
- B 3
- C 4
- D 6

5. You should warm up before exercising.

- A True
- B False

Submit your answers here to win exciting prizes!
<https://forms.gle/e4xy8eCRgFjQIEHB8>

Way Foreword- Ensuing Quarter Activities

Evacuation mock drills	Aug - Sep 2022
Student staff health checkup in schools	Sep - Oct 2022
World mental health day awareness program	Oct - 2022

Stay Active, Stay Healthy, Stay Safe!

For any editorial queries, feedback and suggestions reach us:
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