

SCHOOL HEALTH AND WELLNESS CALENDER 2024-25



SUMITRA MODERN SCHOOL

Terwa Chillola, Lakhimpur Road, Sitapur, U.P (A CBSE affiliated School)

Affiliation No. 2130770

School Code- 71206

"In our school, wellness is not a goal; it's a journey we take together."

April 2024-25

Nutrition health and sanitation

BALVATIKA

- Zero Period Healthy Breakfast
- Healthy Breakfast Challenge
- Awareness on Junk Food vs. Nutrient-rich Snacks
- Clean-Up Game

Grade 1 and 2

- Zero Period Healthy Breakfast
- Healthy Breakfast Challenge
- Awareness on Junk Food vs. Nutrient-rich Snacks
- Clean-Up Game

Grade 3 to 5

- Zero Period Healthy Breakfast
- Awareness on Junk Food vs. Nutrient-rich Snacks
- Clean-Up Game

Grade 6 to 8

- Zero Period Healthy Breakfast
- Healthy Breakfast Challenge
- Awareness on Junk Food vs. Nutrient-rich Snacks

Grade 9 to 12

- Zero Period Healthy Breakfast
- Smoothie-making Workshop
- Health and Sanitation Awareness Campaign

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MAY 2024 Promotion of safe use of internet gadgets and media

BALVATIKA

- "What's Safe?" Picture Sorting
- Internet Safety Storytime

Grade 1 and 2

- "What's Safe?" Picture Sorting

Grade 3 to 5

- Safe Gadget Use Skit
- Cyber Safety Pledge

Grade 6 to 8

- Digital Footprint Exploration
- Cyber Safety Pledge

Grade 9 to 12

- Research Project on Digital Addiction
- Digital Footprint Exploration
- Cyber Safety Pledge

JULY 2024

Promotion of safe use of internet gadgets and media

BALVATIKA

- "Helping Hands" Activity
- "I Feel" Cards

Grade 1 and 2

- Compliment Chain
- "I Feel" Cards

Grade 3 to 5

- Compliment Chain
- "I Feel" Cards

Grade 6 to 8

- Compliment Chain
- "I Feel" Cards

Grade 9 to 12

- Compliment Chain
- "I Feel" Cards

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AUGUST 2024

Values and responsibility

BALVATIKA

- "Kindness Jar" Activity
- Good Deed Chart
- Values Story Time

Grade 1 and 2

- Values Story Time
- "Kindness Jar" Activity
- Good Deed Chart

Grade 3 to 5

- Responsibility Role Models
- Values Story Time

Grade 6 to 8

- Responsibility Chart
- Value-Based Scenarios

Grade 9 to 12

- Debate on Values and Ethics
- Personal Responsibility Reflection

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SEPTEMBER 2024

Gender equality

BALVATIKA

- Equal Roles in Group Projects

Grade 1 and 2

- Equal Roles in Group Projects

Grade 3 to 5

- Discussion on Superheroes
- Gender Equality Poster-Making
- Equal Tasks Challenge

Grade 6 to 8

- Role Model Presentation

Grade 9 to 12

- Gender Equality Awareness Campaign
- Film Screening and Discussion:

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BALVATIKA

- "Safe vs. Unsafe" Game
- Safety Rules Chart:
- Stranger Danger Role-Play

Grade 1 and 2

- "Safe vs. Unsafe" Game
- Safety Rules Chart:
- Stranger Danger Role-Play

Grade 3 to 5

- "Safe vs. Unsafe" Game
- Safety Rules Chart:
- Stranger Danger Role-Play

Grade 6 to 8

- "Safe vs. Unsafe" Game
- Safety Rules Chart:
- Stranger Danger Role-Play

Grade 9 to 12

- Debate on Security Measures
- Session on Self-Defense

NOVEMBER 2024

Promotion of healthy lifestyle

BALVATIKA

- Healthy Habits Chart
- Healthy Habits Drill

Grade 1 and 2

- Healthy Habits Chart
- Create Your Healthy Plate:

Grade 3 to 5

- Healthy Habits Chart
- Create Your Healthy Plate

Grade 6 to 8

- Healthy Habits Chart
- Create Your Healthy Plate

Grade 9 to 12

- Healthy Habits Chart
- Mindfulness and Stress Management Workshop

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DECEMBER 2024 Prevention and management of substance misuse

BALVATIKA

- Healthy Choices Discussion

Grade 1 and 2

- Healthy Choices Discussion

Grade 3 to 5

- Healthy Choices Discussion

Grade 6 to 8

- Healthy Choices Discussion
- Peer Pressure Role-Play
- Substance-Free Pledge Wall:

Grade 9 to 12

- Healthy Choices Discussion
- Peer Pressure Role-Play
- Substance-Free Pledge Wall
- Substance Use Education Workshop

JANUARY 2024 **Values and responsibility**

BALVATIKA

- Good Citizen Chart

Grade 1 and 2

- Good Citizen Chart
- Role-Playing Respect

Grade 3 to 5

- Values, Responsibility & Citizenship Essay
- Citizenship Poster Contest

Grade 6 to 8

- Values, Responsibility & Citizenship Essay
- Citizenship Poster Contest

Grade 9 to 12

- Citizenship Poster Contest

FEBRUARY 2024

Emotional well-being and mental health

BALVATIKA

- Emotion Face Chart
- **Feelings Circle Time**

Grade 1 and 2

- Feelings Circle Time

Grade 3 to 5

- Feelings Circle Time
- Breathing Exercises for Calmness

Grade 6 to 8

- Feelings Circle Time
- Breathing Exercises for Calmness

Grade 9 to 12

- Feelings Circle Time
- Breathing Exercises for Calmness

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MARCH 2024

Reproductive health and HIV Prevention

BALVATIKA

- Good Touch Bad Touch

Grade 1 and 2

- Good Touch Bad Touch

Grade 3 to 5

- Good Touch Bad Touch

Grade 6 to 8

- Myths vs. Facts Discussion

Grade 9 to 12

- Myths vs. Facts Discussion
- Reproductive Health & HIV Awareness

Sumitra Modern School, Sitapur

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