

THE SCHOOL CHAMELEONS CHRONICLES



April 2024



Our Pledge

I can create change,
I can transform my world,
I am inspired by what people do,
And my story is inspiring too.

I am a changemaker,
I want to inspire a million,
I can adapt and make a difference,
Because I am a school chameleon.

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Greetings from the School Chameleons Team!

As we reach the end of one academic year and are starting another, perhaps it is time to introspect and think about how we are feeling.

Are we tired? Has the year taken a toll? Are we in touch with why we are in this space of education? What is our individual purpose as an educator? In fact, it is time to work on ourselves so we can bring our best to the students next year.

Focus on Mental Well-being in today's world is the need of the hour, be it teachers or students and building Social Emotional Intelligence in schools is the way to go. And a lot schools are doing it in different ways. We would love to know your story.

Be a School Chameleon and share your stories, inspire change!



Feature: 2024 Launch



2024

In the vibrant spectrum of educational initiatives across India, the launch of School Chameleons 2024 marks a pivotal moment in the quest for sustainable development. Building on the triumphs of its predecessor, this endeavor sets out to spotlight the multifaceted endeavors of schools towards the United Nations Sustainable Development Goals (UN SDGs).

Focused on the holistic well-being of educators and learners alike, School Chameleons 2024 calls upon schools to share their stories of ingenuity and empathy.

As the curtains rise on School Chameleons 2024, schools are not only invited to showcase their initiatives but also to become wellsprings of inspiration for one another. Through collective efforts, they stand poised to shape a future that is brighter, more equitable, and sustainable for all.

LINK TO SUBMIT STORIES

We're eagerly anticipating your fantastic stories each month, and get ready for a monthly dose of Stoffees fun!

[Click Here](#)



In the bustling city of Mumbai, amid the pulsating streets of Borivali, stood Ajmera Global School—a paradigm of academic excellence, dedicated to nurturing young minds. As the mild November winter settled over the city, a subtle crispness infused the air, wrapping everyone in its refreshing embrace.

However, this metamorphosis in the season went unnoticed by the IGCSE students who, having just completed their Second Prelims, breathed a collective sigh of relief, albeit, short-lived. The looming challenge of the upcoming Third Prelims, stood before them, serving as a formidable precursor to the ultimate IGCSE exams.

Anmol, a diligent student from that batch, immersed himself in rigorous studies, determined to showcase his capabilities as the frontrunner in the upcoming exams. Little did he know, that an impending storm of adversity, was silently making its way into his life, poised to deliver a profound blow.

One evening, as Anmol took a break, to enjoy a game of cricket with his dad, tragedy struck like a bolt of lightning from the blue. His dad, the unwavering pillar of strength in Anmol's life, doubled over and collapsed almost instantly. Anmol petrified, sprinted towards him, his heart racing, but the cruel hand of fate showed no mercy. His father departed without a farewell, leaving Anmol in the devastating silence of an unspoken goodbye.

His father's demise left Anmol shattered and sorrow engulfed him. He fell into depression, his appetite dwindled, leaving him lifeless and emaciated. His school, his exams, his results- no longer held any appeal for him.



Recognising the profound impact on Anmol's well-being, the Head of Schools and Principal reached out to him, consoling and coaxing him to return to school. They scheduled regular sessions with the school counsellor, formulated a diet to address his nutritional needs and offered financial aid too. Teachers and classmates became a support system, offering not just academic assistance but genuine empathy to help him heal.

Days turned into weeks, and the compassionate guidance of the school, became a guiding light for Anmol. Gradually, the collective efforts of everyone, began to thaw the icy grip of despair.

The journey from darkness to light gained momentum when Anmol decided to transform his pain into determination. He resolved to honour his father's memory by excelling in the exams they had once dreamed of conquering together. With newfound fortitude and with the school as his anchor, he fervently immersed himself in his studies.

As the final exams approached, Anmol aced all 8 subjects. His renewed physical and mental well-being, not only overcame all setbacks but propelled him to the top, at the global level.

On the day of the results, the halls of Ajmera Global School reverberated with thunderous applause. Anmol, standing tall with his well-earned certificate, felt tears welling in his eyes. The victory was not just academic; it was a triumph of the human spirit that had weathered the storm and emerged stronger. It was a narrative that resonated within the heart of each and every member at Ajmera Global School—a story of compassion, resilience, and the unyielding support that transformed grief into success. As Anmol stood there, he knew that his father's spirit was smiling down from above, in approval, proud of his remarkable journey from sorrow to triumph.



PARTNER PROFILE

Winner of United Nations SDG Solidarity Action Award 2020

PROJECT MUMBAI

Mumbai Ke Liye Kuchh Bhi Karega®

www.projectmumbai.org

OUR INITIATIVES

Our organization operates through four major trunks, where volunteers can make a significant impact across various projects.

We are on a mission to make Mumbai the Kindness Capital of India, come join us and be a part of Project Mumbai.

ENVIRONMENT

Join us in the efforts of making Mumbai cleaner and greener and plastic-waste-free.

- **Mumbai Plastic Recyclothon** ~ Monthly Plastic Recyclothon
- **Jallosh Clean Coast** ~ Join our champion volunteers to clean Mumbai's beaches of plastic waste
- **Green School** ~ Kitchen Garden Installation on school terraces

To join us in the Environment Initiatives
Contact us at 9653330712 or Email us at environment@projectmumbai.org

MENTAL HEALTH

To create more awareness and outreach on mental well-being in schools, colleges and corporates!

- **SAMVAAD** ~ A mental health helpline is toll-free and available from 8:00 a.m. to 8:00 p.m. **18001024040**
- **The Smiling School Project (TSSP)**

To know more about the Mental Health Initiative, Contact us at 9653330712 or Mail us at mentalhealth@projectmumbai.org



VOLUNTEERING

Some of our other Volunteering Initiatives you'd be interested towards!

- **Satrangi** ~ Beautifying Mumbai's Public Spaces
- **Har Ghar Hai Donor** ~ Organ Donation Awareness sessions in schools. Reach out to organdonation@projectmumbai.org
- **Naksha** ~ An urban mapping & cultural history initiative

To volunteer Contact us at 9653330712 or
Email us at volunteer@projectmumbai.org

#KuchhPalApneSheherKeLiye



Volunteer for Mumbai.
Scan this QR Code.
Be a part of India's largest
volunteering ecosystem.



REACHOUT

Tips for teacher wellbeing

[Read Here](#)

Transitioning from the leisurely pace of the holidays to the hustle and bustle of the new school year can be quite a jolt. To help ease this transition and prioritize your well-being, here are 10 tips: Reconnect to your purpose by engaging in activities that remind you why you chose to teach; adopt a growth mindset, embracing new challenges and viewing mistakes as learning opportunities; focus on kindness and gratitude to cultivate positive emotions; create clear boundaries between work and relaxation to maintain balance; set up effective debriefing and mentoring structures to address challenges constructively; establish good sleeping habits by maintaining a consistent bedtime routine; build emotional resilience by managing stress through activities like meditation or spending time with loved ones; keep focused on your goals, celebrating achievements along the way; reward yourself with small, meaningful treats; and build new connections within your school community to enhance well-being.

Wellable

Teacher Well-Being: 8 Ways To Support The Superheroes Of Education

[Read Here](#)

Amidst the pandemic's challenges, teacher well-being emerges as critical, influencing both educational quality and educators' overall health. With nearly half of public school teachers resigning post-February 2020 due to heightened work hours and technical issues, supporting their mental and emotional health is imperative. Stress can limit teachers' ability to address student needs, hindering the learning experience. Strategies such as nurturing strong relationships among teachers and prioritizing self-care can alleviate stress and foster a positive work environment, enhancing the educational journey for all involved.



NOTICE BOARD

Professional Development Programs from School Chameleons

In our endeavour to empower schools to work towards the UN Sustainable Goals and share best practises, we have curated a special set of Training programs and Workshops for the teachers.

Our workshops are all interactive, fun and participant focused. Our facilitators are experts in their own spaces and bring a world of different experiences from across India and abroad and are all passionate about creating a better world for our future.

[For more details, Click Here](#)

REGISTER

[Click Here](#)

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