

SCHOOL ORGANISATION

GREEN MEADOWS SCHOOL is run by **Daleep Singh Education Trust** registered in the state of Goa.

GMS is affiliated with CBSE since the year 2013 upto secondary level and has had Std. X pass with 100% results in the Board Exams. GMS is also registered and recognised by the Goa Board of Education, state of Goa.

We comply with rules and regulations set out by the local Goa Board and also follow the Bye-laws set out by CBSE. We follow the Curriculum set by CBSE. An experienced Principal and a Vice-Principal heads the team of teachers who are qualified and experienced.

GMS has a good team of Support Staff who help to maintain the standards required and expected by the parents and the students. We strive to give a comfortable, clean and hygienic infrastructure to the students

SECURITY : Our priority is the safety and security of every child in our care. The campus is covered by CCTV which is monitored in the office and displays every nook and corner of the whole school. Keeping in mind the safety and security of the children GMS has developed a high rated signing in and out system. No child is left unattended at any time during the school time. A security guard mans the school gate and no one is allowed onto the school premises without their signing the register and no child can leave the school premises without having the written permission from the school office, which is handed in to the security guard.

PARTNERSHIP WITH PARENTS

Unlike the majority of schools in Goa, GMS is a full day school and therefore homework in the primary section is limited. If a student needs extra help teachers are always willing to provide this. If the child has incomplete class work this may be given as homework to be completed. Class room activities are encouraged to build up the class room community and some projects are given to be done at home, so that the parents work together with the children. Students of secondary level are given homework on a regular basis. The school gives particular emphasis on English and Maths. There is no set day for homework. Students who have been absent from school for a prolonged amount of time will be assisted by teachers where possible in covering the work that has been missed. However it is ultimately the parents' responsibility to make sure that their child completes all the notes, projects or assignments which have been missed.

VOLUNTEERS: GMS operates an open door policy and welcomes parent participation. Parent representatives for each class are elected at the beginning of the academic year. Meetings between the parent representatives and the Principal take place once a month and the minutes of each meeting are made available for all parents to inspect. Parent representatives meet with their respective class parents quarterly to discuss any issues or concerns that might arise.

We are fortunate to have parents who are generous in giving up their time to the school, particularly in the library helping individual children to improve their reading skills and in other areas such as administration and assistance during school events.

COMMUNICATION: GMS believes that the school and parents share the joint responsibility of children. Communication between the teachers/school and the parents is the key to a child's holistic welfare and development. All teachers in the school have their own email id so that the parents can easily communicate with the teachers. Parents are encouraged to contact the teachers on a regular basis. Likewise the teachers may also request a meeting with the parents mid term to discuss any aspect of the child's progress or behaviour. As the teachers have a full teaching schedule during the day, an appointment will have to be arranged in the school office. Parents must make an appointment with a teacher via the GMS school app.

The Management and the Principal are always willing to discuss any issues pertaining to the student's welfare with the parents. However, it is absolutely essential to make an appointment in the school office.

CURRICULUM SUBJECTS & CBSE

As per the CBSE requirements there are regular assessments in the form of two Periodic Tests and two Term Exams at regular intervals.

The CBSE is one of the most preferred boards in India. CBSE has set a good standard of education in India. It incorporates both scholastic and co-scholastic aspects of evaluation in an attempt to reduce the pressure a child faces in preparation for the final exam by having multiple tests throughout the year.

An integral part of this system is that our students are evaluated through a series of curricular and extracurricular activities as well as evaluation of their academic ability. Our system seeks to reveal students' talents in all aspects of their learning such as art, music, dance, drama and sports as well as in their academic abilities.

SCIENCE LAB

A well equipped Composite Science Lab is provided where students are regularly taken to develop the practical approach of scientific laws and principles.

COMPUTER LAB

To keep students in pace with the current developments in this modern world, a fully equipped computer lab is available with internet facility. The Computer Lab serves as the centre for teaching computer use to all the classes.

TATA EDGE SMART CLASSROOMS

Technology aided learning is an important feature of the school curriculum. Digital Classrooms with Tata Edge content and Smart Projectors are being used by teachers which makes teaching learning more effective and long lasting.

STEAM LAB

"The Science, Technology, Engineering, Arts, Mathematics" Lab provides a fully integrated learning environment where everything from technology to curriculum and assessment work together to support hands-on, minds- on learning. STEAM Lab programs are carefully designed for each grade. It's a place where personalised learning and intrinsic motivation engage students of all ages and abilities.



HEALTH & WELLNESS

In the changing culture of video games, T.V. etc. children are not interested in outdoor games / sports. We have introduced Football, Basketball, Discus Throw, Floorball, Swimming, Karate, Yoga etc. in school and have regular competitions. This helps children to become aware of the benefits of good health.

We have regular health camps on the campus i.e. Dental, Eye Check-up and General Health-up.

Students are given regular talks about personal hygiene and the importance of good health.

To encourage good and healthy habits the school has banned chocolates, carbonated drinks, chips, biscuits, cakes and fried food for mid morning snacks. The parents are requested to give wholesome food such as sandwiches, nuts, chapati, fruits etc.

ACCIDENTS & INJURIES

GMS aims to provide a safe and healthy environment for the students. Any major accidents are recorded in the accident report book and parents are notified. First Aid is administered by the teachers for minor cuts and wounds. For serious injuries, parents will be called immediately on the Emergency Phone No. provided on the admission form.

The emergency no. provided by the parents should always be contactable and reachable.

MEDICINE ADMINISTRATION

If it should become necessary for your child to take / receive medication at school the below procedure should be followed:

- 1) The parent should complete the medication consent form in the school office.
- 2) Medicine must be handed in to the school office with the consent form duly filled in. No medicine will be left in the child's school bag.
- 3) Medicine must be brought in the original container.
- 4) The parents must provide clear and concise written directions for the administration of the medication.
- 5) GMS will not administer medication without written authorisation.

EXCLUSION IN RELATION TO SICK CHILDREN

The following ailments may be grounds for absence from school:

- 1) Acute symptoms of food poisoning/gastroenteritis
- 2) If a child's temperature is 38° C or above
- 3) Respiratory Problems (difficulty in breathing)
- 4) Any child who is ill with any contagious/infectious diseases
- 5) A severe earache

SCHOOL LUNCH

Fresh food is hygienically prepared on the school premises every day for lunch. It is mandatory for students from Nursery to Std. IV to eat in school. The menu is varied with both Indian and continental food to reflect the varied backgrounds of our students. In this way we hope to ensure that the children get nutritious meals every day. We operate a vegetarian policy except for Wednesdays and Fridays when meat and fish is available together with a vegetarian option.

From Standard V upwards children have the option of bringing in a packed lunch. Students getting home packed lunch have to strictly follow the school vegetarian policy.

A is minimal daily charge for lunch which is payable at the beginning of the month. If your child is going to be absent for a minimum of one week in the month, you need to notify the school office with a written leave application, while paying the money for the month. Also, Lunch has to be paid for by the 10th of every month, after which you will incur a fine of Rs.50/- per day.

If your child suffers from any allergies or intolerance to any food, you must complete the form provided with the prospectus and return the same to the school office and also inform the Class Teacher orally.

BIRTHDAY CELEBRATIONS

The school permits any child whose birthday falls on a school day to attend in non-uniform. Whilst we encourage healthy eating the child will be allowed to distribute an inexpensive sweet/chocolate to their friends. However we do request parents to consider donating a book to the library from our school library book bank rather than distribute sweets especially for the older students.

DRESS CODE

GMS believes in giving the children a sense of belonging and a sense of pride in their school and therefore all students must wear the full school uniform to school everyday. The only exception is a child's birthday.

BOYS' UNIFORM

- Light Green Shirt • Shorts (Std I to IV) • Long trousers (Std V and X) • * School Tie • * School Cap • * School Belt
- White Socks • Black Shoes (black sandals during the monsoons) • Optional Dark Green Cardigan (during cold weather)
- Boys' hair should be worn short and neat as it is uncomfortable and hinders the concentration of a child.

Note : * only available at the school office.

GIRLS' UNIFORM

- Dark Green Skirt • Light Green Blouse (Std I and up) • * School Tie • * School Cap • * School Belt • White Socks
- Black Shoes with no heels (black sandals with no heels during the monsoon) • Optional Dark Green Cardigan (during cold weather) • Girls with long hair must have two neat plaits and short hair must be tied as two ponytails or a hair band is to be worn to keep the hair off their faces.

Note : * only available at the school office.

PHYSICAL EDUCATION KIT (FOR GIRLS & BOYS)

- House-wise colour T-shirts with Black P.E. Shorts and Black Shoes

JEWELLERY

Jewellery is not permitted. Girls will be allowed to wear small stud earrings. Long earrings or large hoops are not permitted.

The school will not be held responsible for any loss or damage to jewellery worn by children on the school premises.

GENERAL HYGIENE

All students must come to school properly dressed in cleaned and ironed school uniform. The face, hands and feet must be clean. Hair must be neatly brushed or plaited. Nails must be trimmed short and clean (Painted nails are not allowed). Children with LICE/NITS will be sent home immediately. They will be permitted to return once they have had at least 2 days of treatment.

ELECTRONIC DEVICES

The use of any electronic devices by children in school are strictly prohibited. These include computer games and mobile phones. There are regular bag checks. Items not permitted by the school will be confiscated. If there is a need for a child to contact their parent this will be done by the school. Likewise, should any parent need to contact their child whilst at school they should call the school administration office. Parents are requested not to let students use their phone while on the school premises at any time as this will be a direct violation of the school rules.



GMS CALENDAR

The School Academic year starts from APRIL to MARCH and is divided into 2 terms:

Term 1 - April to October

Term 2 - November to March

HOLIDAY LIST

Eid	- August
Independence Day	- 15th August
Ganesh Chaturthi	- August/September
Gandhi Jayanti	- 2nd October
Dussehra/Eid/Diwali	- October/November
St. Francis Xavier's Feast	- 3rd December
Goa Liberation Day	- 19th December
Christmas/New Year	- December/January
Republic Day	- 26th January
Holi	- February/March
Good Friday/Easter	- March/April
Gudi Padwa	- April



WHY CHOOSE GREEN MEADOWS SCHOOL

Green Meadows prides itself on some unique features of the school. These include a partnership with parents which provides transparency at its core and which emphasizes the importance of working as a united team for the sole aim of the betterment of each child.

GMS does not subscribe to any one particular religion and to that end, all festivals are acknowledged/celebrated with equal fervour and earnest, and children are taught to respect this aspect of every individual.

We are one of the very few schools in Goa, to pay particular attention to the health and safety of our students and staff. Our school is properly equipped with tested fire extinguishers, signage, emergency and disabled exits and CCTV cameras. Regular fire drills are conducted with the whole school and rules such as children not being left unsupervised at any point, are strictly implemented.

GMS operates a unique system of incentives for students in the form of Campus Credits for students from Std. I to Std. IV. Students gain credits from staff for many reasons including; display of responsibility, academic, personal or social achievements, exceptional respect to staff or fellow students, exemplary discipline and wonderful class work ethics/effort. Furthermore credits are also used for children struggling in particular academic areas. Achievable goals are set in those areas with time scales and when those goals are achieved the student is rewarded with credits. A "school store" is open to the children every two months which sells treats such as cakes, chocolates and sweets (which is otherwise prohibited during normal school hours). In addition a student can choose to save enough campus credits to purchase a ticket for a tea party (hosted by the manager), a pizza party or a movie ticket all of which take place within the school grounds.

"We believe in a holistic approach to learning and to achieve this end it is vital to work together with the children, teachers and support staff. Here is what SOME of THEM have to say about Green Meadows."

Sohrab Vazifdar, Ex-Student - STD X

If someone asked me what I have learned from my school, I won't be able to answer it in one sentence. School is where we are challenged on a social and intellectual level. Green Meadows not just throws challenges at us but teaches us how to deal with them, to get better and most importantly, that it isn't about getting the best marks, it's about being a good human being. The lessons I have been taught are irreplaceable. I've had the honour to be part of the first 10th standard to pass out of the school. Green Meadows is not just a school, it's an institution. And one that promotes all round development.

Keona Rajani - STD X

Green Meadows School is the place where a student experiences the wonderful balance between fun and studies. I joined this school three years ago and time has really flown. Coming from a big school, I was in awe of the warm, caring, family-like atmosphere here in Green Meadows School. It has been an amazing journey right till my final year and it is a journey I will never forget.

Mani Vazifdar, Parent

Children want the same things - to laugh, to be challenged, to be entertained and to be delighted.

Green Meadows school has done this for my children. I know they are in safe hands and are given not only good education but good values and courage to accept failures too. The owner Robbie is a magnificent lady with poise and totally hands on. Kiranjit - totally dedicated, hard working, knowledgeable and loved by all.

Teachers - all approachable anytime and so patient.

Other School staff - Responsible and lending a hand with a smile always. This is the eighth school for my children and no more changing. This is the 3rd year in this school and at last its a full stop to the saga of changing schools.

Jai ho GMS!

Ms. Loraine Fernandes, Class-Teacher

Having joined this institution as a teacher I was so impressed by its holistic approach to learning that I moved my son to this school. It was the right choice because he has now grown in confidence and is happy to go to school.

GMS ANTHEM

We will walk hand in hand
And enter the land
Where creatures move in harmony
Like lions we shall roar
New heights we shall soar
It's a beautiful land you see

Green Meadows, Green Meadows
That's where we love to be
Like the beauty of lilies and grace of a swan
We'll bring in together
A new and happy dawn

With the monkeys we shall swing
From tree to tree
And enjoy our freedom with glee
We shall learn together and always do better
With every bit of knowledge from Thee

Green Meadows, Green Meadows
That's where we love to be
Like the beauty of lilies and grace of a swan
We'll bring in together
A new and happy dawn

We will always keep the faith
And never learn to hate
This is our promise to Thee
Like brothers and sisters
We'll always stand together
With strength and unity

Green Meadows, Green Meadows
That's where we love to be
Like the beauty of lilies and grace of a swan
We'll bring in together
A new and happy dawn

SPORTS AND GAMES

“Sports has the power to change the world. It has the power to inspire, it has the power to unite people in a way that little else does. It also speaks to youth language they understand. Sports can create hope, where once there was only despair. It is more powerful than governments in breaking down racial barriers. It laughs in the face to all types of discrimination.”

- By Nelson Mandela

GMS whole heartedly endorses to Mr. Mandela's views. GMS emphasizes on Sports from the Nursery section to High School sections which includes Gross Motor Skills, Recreational Games, Team Games, Individual Sports, etc.

FIRST STEP NURSERY AND KINDERGARTEN: (Pre-Primary Section)

Kid- Fit Program :

The major concentration of the Kid- Fit program is on the Gross Motor (physical) Skills which are required for the whole body movement and which involve the large muscles of the body to perform everyday functions such as standing, walking, running, climbing, jumping and sitting, etc. it also includes hand-eye co-ordination skills. For example ball skills - throwing, catching and kicking. Working on Gross Motor Skills help the child to gain physical and mental strength and confidence in themselves. It also helps them get exercise and physical activity, which is required for a healthy lifestyle. This activity is conducted 2 times a week throughout the year (excluding the holidays) for an effective outcome.

GREEN MEADOWS SCHOOL: (Primary, Middle School and High School Section)

GMS Sports activities are planned seasonally which are divided into indoor and outdoor games. It is further divided into Individual and Team Games, Indigenous and International Games (includes theory).

Below is the list of sports and games conducted for the Primary, Middle & High School :

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|-------------------------------|-------------------------------------|
| 1. General Commands | 8. Cricket (Std. V onwards) |
| 2. Callisthenic Exercises | 9. Hockey |
| 3. Recreational Games | 10. Basketball (Std. IV onwards) |
| 4. Chess | 11. Floorball (Std. IV onwards) |
| 5. Kho- Kho (Std. IV onwards) | 12. Carom (Std. III onwards) |
| 6. Athletics | 13. Athletics |
| 7. Football/Soccer | 14. Table- Tennis (Std. IV onwards) |

GMS Sports Curriculum is designed to enhance mental and physical health and to also promote individual talent as well as team performance. Our sports structure also includes the regular practice of Yoga, Health and Fitness activities, SEWA (Social Awareness Programs), First-Aid, etc. which are based on CBSE guidelines.

After School Sports Activities:

1. GMS Budo Akademi - Karate and Self Defense Classes for students of all age group categories.
2. Football Yard - Football Practices for the students from 5 years to 12 years.
3. GMS Swimming classes - For students from Std. II onwards (student should know the basics of swimming).
4. GMS Cricket - For students from Std. VI onwards.
5. Basketball

GMS Sports Achievements:

GMS Students have participated at the International, National, State, District and Taluka Levels in different sports and games.

Below is the list of sports that our students represented at the different levels (List till November 2019) :

- | | |
|---|--|
| 1. International Level in Wind surfing | 10. Nationals in Swimming |
| 2. International Level - World Goju- Ryu Karate Federation Championship | 11. Nationals in Taekwondo |
| 3. Aquathlon | 12. State Level-Futsal |
| 4. International Level Marathon | 13. State Level MMA Championship |
| 5. Nationals in Rifle Shooting | 14. Taluka Level - Yogasana Competition |
| 6. Nationals in Floorball | 15. Taluka Level & State Level Football Tournament |
| 7. Nationals in Boxing | 16. Taluka Level Chess Competition |
| 8. Nationals in Kick-Boxing | 17. Taluka Level Table- Tennis Competition |
| 9. Nationals in 9-a-side Football | 18. Taluka Level Rope Skipping Competition |