



# St. Joseph's Senior Secondary School

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Dear Parents and students,

As we commemorate International Family Day, let us reflect on the profound significance of family bonds in shaping our lives and communities. In the spirit of this occasion, I am reminded of the timeless words of Desmond Tutu, who said, "You don't choose your family. They are God's gift to you, as you are to them."

Today, let us cherish the diversity and strength that each of our families brings to our school community. Our differences enrich us, and our shared values unite us. May this day serve as a reminder to nurture and cherish the relationships that form the foundation of our lives.

Life is always enhanced and made meaningful when it is spent well for the cause of others. Life lost for a good cause is life gained; a life spent for a good purpose is life preserved. In the practice of the "New Pedagogy of our Times," it is vital to learn the language of Love. With the rapidity of changes in technology, media, and the digital world on the one side and the demands of time from the virtual world as well as the workplace, there is no time free for the family. Children too are busy on their smartphones. When good emotional bonding does not take place between the children and their parents, the young suffer from feelings of insecurity and abandonment. Hence quality time is a powerful communicator of emotional love. The core of Quality Time is togetherness. It is a presence that produces a warm, caring, encouraging, and positive emotional culture.

Realizing the role of "togetherness" in building a happy Family you are asked to **spend an hour together with the Family in the evening without a phone with you**. None in the Family is allowed to use a phone for that one hour except for an emergency. Quality time promotes dialogue between parents and children. Look at each other, listen to each other and have meals together, and create an atmosphere of "Happy Hut". **This is my homework for you dear parents and students**. You may feel a bit amusing about this matter, but you will see the miracle it works for your family, for any action repeatedly done becomes a habit. You are requested to share your experiences with the class teacher when you come for parent-teacher meetings.

All the best dear parents and students. Waiting to hear from you about the healthy and joyful experiences of "Happy Hut". Together, let us continue to foster a culture of inclusivity, respect, and love in our families, within our school and beyond. Happy International Family Day!

Yours lovingly,

Principal

Sr. Dr. Sonia Varghese

St. Joseph's Sr. Sec. School, Kanpur

PRINCIPAL  
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