

STUDENT POLICE CADET PROJECT 2018 - 2019

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SCHOOL LEVEL ACTIVITY CALENDAR (HIGH SCHOOL WING) Senior

YEAR : 2018-19

MONTH : January

DATE AND DAY	PERIOD	ACTIVITIES	PARTICIPANTS	OBJECTIVES	EXPECTED OUTCOME	PERSON RESPONSIBLE
Jan 01 Tuesday	90 Mnts	Parade: Revision + Squad Drill and Words of Command Practice by cadets	Cadets	<ul style="list-style-type: none"> * To develop high sense of discipline among cadets. * To help cadets to establish a healthy harmony between their body and minds * To bring a feeling of self pride among the cadets * To motivate cadets to be aware of their grooming and appearance 	Confident, disciplined and well mannered cadets who feel proud about themselves	Dis and CPOs
Jan-05	40 Mnts	Road walk and run(7 KM)	Cadets	To enhance the physical stamina of cadets	Physically fit cadets with good stamina	Dis and CPOs
	10 Mnts	Break				
	40 Mnts	Minor Games - Module 16 of outdoor manual	Cadets	<ul style="list-style-type: none"> * To achieve fun and enjoyment through vigorous activity with in a short period * To develop dexterity and improve physical fitness. 	<ul style="list-style-type: none"> * Cadets build various skills and engage in social activities * Cadets develop reasoning and creative skills * Help children learn to take turns and how to win by following a set of instructions * Cadets learn the strength of unity. 	Dis and CPOs
	45 Mnts	Fresh up and breakfast				
	25 Mnts	Assembly :- 1. SPC Prayer by the cadets. 2 SPC Pledge. 3 Thought for the day(a one minute talk by a cadet on a famous quote, thoughtful saying, proverb etc.) 4. News Analysis (cadet/s analyse the important news of the week based on one English newspaper and two regional newspapers). 5. Book Review.(Cadet/s presents a synopsis of the book of the month)	Cadets	<ul style="list-style-type: none"> * To develop a feeling of affiliation, unity and discipline among cadets. * To enable cadets to share their experiences with others. * To get cadets updated about current affairs. * To facilitate national integration and secularism through prayer, pledge etc. 	<ul style="list-style-type: none"> * Cadets develop quality of togetherness and learn how to behave in a group. * Understand the value of secularism and national integration. * To procure contemporary awareness and help cadets to connect with the events and developments around them 	Dis, CPOs
	80 Mnts	Indoor Class Media literacy 1 & 2 All that glitters and True or false	Cadets			
	10 Mnts	Break				
	80 Mnts	Indoor Class personal hygiene and waste management	Cadets	<ul style="list-style-type: none"> * To motivate cadets to lead a healthy life style * To educate cadets on healthy and hygienic behaviours * To educate cadets on responsible waste generation and waste management 	<ul style="list-style-type: none"> * Cadets lead a healthy life style and spread the awareness on the same in the community * Cadets demonstrates models of responsible waste generation and waste management 	Faculty from Suchithwa Mission arranged by School LAC

		15 Mnts	Clean & Green School -- Clean Campus Drive	Cadets, CPOs, DIs	<ul style="list-style-type: none"> * To Motivate all students, teachers and other school community to voluntarily participate in cleaning school premises. * To train SPCs in adoption of sensible waste-handling practices in their schools & homes *To ensure that the school has a set of functioning and well maintained water, sanitation and hygiene facilities. 	<ul style="list-style-type: none"> * Neat, clean, green & beautiful class rooms and school premises * Students develop responsible waste generation and management culture * Cadets maintain personal hygiene properly 	Cadets, CPOs, DIs
	Jan-09	90Mnts	Parade: Ceremonial Parade Practice	Cadets	<ul style="list-style-type: none"> * To develop high sense of discipline among cadets. * To help cadets to establish a healthy harmony between their body and minds * To bring a feeling of self pride among the cadets * To motivate cadets to be aware of their grooming and appearance 	Confident, disciplined and well mannered cadets who feel proud about themselves	DIs and CPOs
	Jan-16	90 Mnts	Parade: Ceremonial Parade Practice	Cadets	<ul style="list-style-type: none"> * To develop high sense of discipline among cadets. * To help cadets to establish a healthy harmony between their body and minds * To bring a feeling of self pride among the cadets * To motivate cadets to be aware of their grooming and appearance 	Confident, disciplined and well mannered cadets who feel proud about themselves	DIs and CPOs
		40 Mnts	Physical Training Revision + RBPT 6	Cadets	To promote physical fitness and strength through a structured programme	Physically fit cadets who lead a healthy life style by practicing physical activities on a daily basis	DIs and CPOs
		10 Mnts	Break				
		40 Mnts	Parade: Ceremonial Parade Practice	Cadets	<ul style="list-style-type: none"> * To develop high sense of discipline among cadets. * To help cadets to establish a healthy harmony between their body and minds * To bring a feeling of self pride among the cadets * To motivate cadets to be aware of their grooming and appearance 	Confident, disciplined and well mannered cadets who feel proud about themselves	DIs and CPOs
		45 Mnts	Fresh up and breakfast				
		25 Mnts	Assembly :- 1. SPC Prayer by the cadets. 2 SPC Pledge. 3 Thought for the day(a one minute talk by a cadet on a famous quote, thoughtful saying, proverb etc.) 4. News Analysis (cadet/s analyse the important news of the week based on one English newspaper and two regional newspapers). 5. Book Review.(Cadet/s presents a synopsis of the book of the month)	Cadets	<ul style="list-style-type: none"> *To develop a feeling of affiliation, unity and discipline among cadets. *To enable cadets to share their experiences with others. *To get cadets updated about current affairs. *To facilitate national integration and secularism through prayer, pledge etc. 	<ul style="list-style-type: none"> *Cadets develop quality of togetherness and learn how to behave in a group. *Understand the value of secularism and national integration. *To procure contemporary awareness and help cadets to connect with the events and developments around them 	DIs, CPOs
	Jan-19						

		80 Mnts	Indoor Class: manual module 4 - Health and Hygiene Activity 3 & 54(Eating habits and Creating a health promoting school)	Cadets	<ul style="list-style-type: none"> * To educate cadets on common behavioural and emotional issues * To educate cadets on how to be stable with their emotions * To educate cadets on practicing healthy behaviour 	<ul style="list-style-type: none"> * Cadets with good mental health * Cadets with appropriate knowledge on coping with emotions * Cadets practice healthy behaviour 	Competent resource person arranged by School LAC
		10 Mnts	Break				
		80 Mnts	Drishyapadam: Hubble	Cadets	<ul style="list-style-type: none"> * To promote visual learning methodology for making learning more engaging and interesting * To generate curiosity among cadets to explore more about our universe * To create a " Nothing is Impossible" attitude 	<ul style="list-style-type: none"> * Cadet become visually literate * Cadet develops individual strategies to enhance learning * Curious & Confident cadets with an "I can & I will" attitude 	CPOs with the help visual text modules and materials
		15 Mnts	Clean & Green School -- Clean Campus Drive	Cadets, CPOs, Dis	<ul style="list-style-type: none"> * To Motivate all students, teachers and other school community to voluntarily participate in cleaning school premises. * To train SPCs in adoption of sensible waste-handling practices in their schools & homes *To ensure that the school has a set of functioning and well maintained water, sanitation and hygiene facilities. 	<ul style="list-style-type: none"> * Neat, clean, green & beautiful class rooms and school premises * Students develop responsible waste generation and management culture * Cadets maintain personal hygiene properly 	Cadets, CPOs, Dis
	Jan-23	90 Mnts	Parade: Revision of Squad Drill and Words of Command practice by cadets	Cadets	<ul style="list-style-type: none"> * To develop high sense of discipline among cadets. * To help cadets to establish a healthy harmony between their body and minds * To bring a feeling of self pride among the cadets * To motivate cadets to be aware of their grooming and appearance 	Confident, disciplined and well mannered cadets who feel proud about themselves	Dis, CPOs
	Special day 26th January		Republic Day Celebrations : *Flag Hoisting , *Ceremonial Parade, *Decorating school premises with plastic free materials , *Public processions and so on	Cadets & School Community	<ul style="list-style-type: none"> * To promote the spirit of India First 'among cadets * To promote secular thoughts and actions among cadets * To promote patriotism among cadets * To promote 'My country , My responsibility 'feeling among cadets 5. * To make cadets aware about the contributions & sacrifices of national heroes 	<ul style="list-style-type: none"> * Cadets starts to practice and promote secularism * Cadets place India above all sectarian thoughts like caste , creed, religion and so on * Cadets become patriotic and starts to contribute to strengthen the democracy 	School LAC,Dis, CPOs, Entire School Community
			Martyr's day: *Special assembly, *remembrance, Pledge, * honouring regional heroes, * Screening of a movie on * Indian Freedom Struggle	Cadets & School Community	<ul style="list-style-type: none"> * To make cadets educate about the contributions and sacrifices of martyrs * To promote patriotism among cadets * To promote 'My country , My responsibility 'feeling among cadets 5. 	<ul style="list-style-type: none"> * Cadets place India above all sectarian thoughts like caste , creed, religion and so on * Cadets become patriotic and starts to contribute to strengthen the democracy 	School LAC, CPOs, Dis

	Special day 30th January	90 Mnts	Parade: Revision of Squad Drill and Words of Command practice by cadets	Cadets	<ul style="list-style-type: none"> * To develop high sense of discipline among cadets. * To help cadets to establish a healthy harmony between their body and minds * To bring a feeling of self pride among the cadets * To motivate cadets to be aware of their grooming and appearance 	Confident, disciplined and well mannered cadets who feel proud about themselves	DIs, CPOs
Book of the month: Who will Cry When you Die (Robin Sharma)							