



SFA


SKILLS FOR ADOLESCENCE

(A VALUE BASED EDUCATION
PROGRAMME)

INCHARGE TEACHERS (2011-2012)

- Ms.Saeeda (VIIA,VIID)
- Ms.Almas (VIIIA,VIIIF)
- Ms.Qamar (VIIF,VIIIC)
- Ms.Shabana (VIIE,VIIB,VIIID)
- Ms.Farzeen (VIIIE)
- Ms.Shagufta (VIIC)
- MS.Sahba (VIIIB)





SCHOOL CLIMATE TEAM (2011-2012)

- Parents – 8 (VII- 4, VIII- 4)
- Teachers – 7 (all SFA teachers)
- Principal & Vice-principal
- Lions club member-Ms.Sunita Malpani

SYLLABUS PLANNING

(2011-2012)

STD-VII (volume-I)

Ist Semester

1. UNIT- I (June – July)

- Entering the teen years.

2. UNIT- II (Aug – Sept)

- Building self-confidence & communication skills & service learning.

3. UNIT- III (Nov – Dec)

- Managing Emotions.

SYLLABUS PLANNING

(2011-2012)

4. UNIT- IV (Jan- Feb)

- Improving peer relationship.

STD- VIII (Volume II)

1. UNIT- V (June- July)

- Strengthening relationships.

2. UNIT- VI (Aug- Sept)

- Living healthy & Drug free life.

3. UNIT- VII (Nov-Dec)

- Developing Potential.

SFA PARENTS MEETING

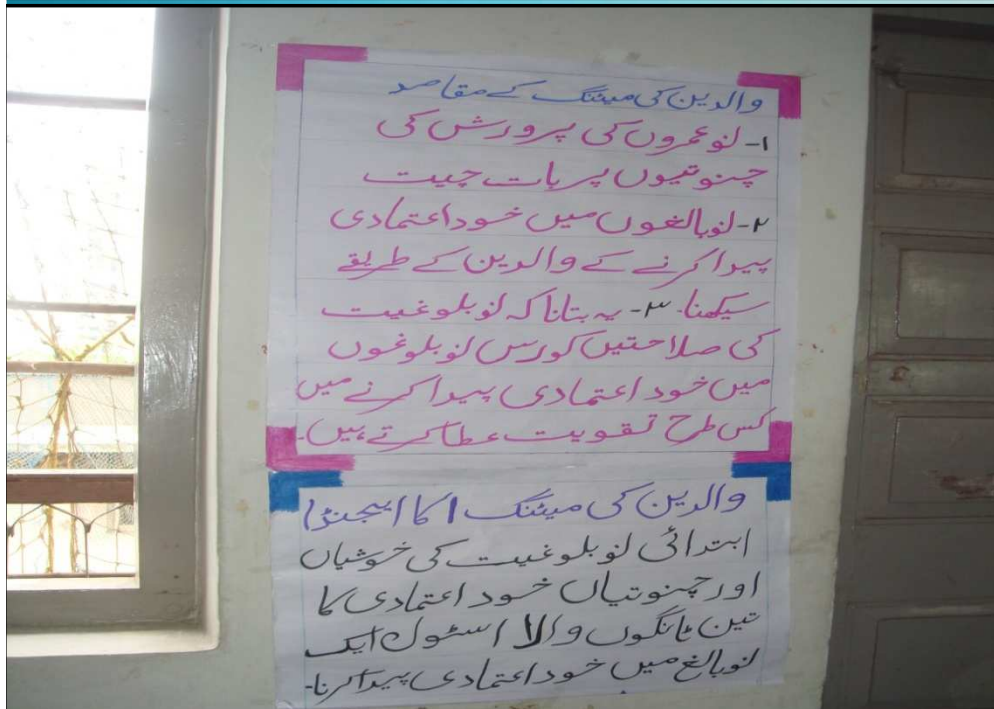
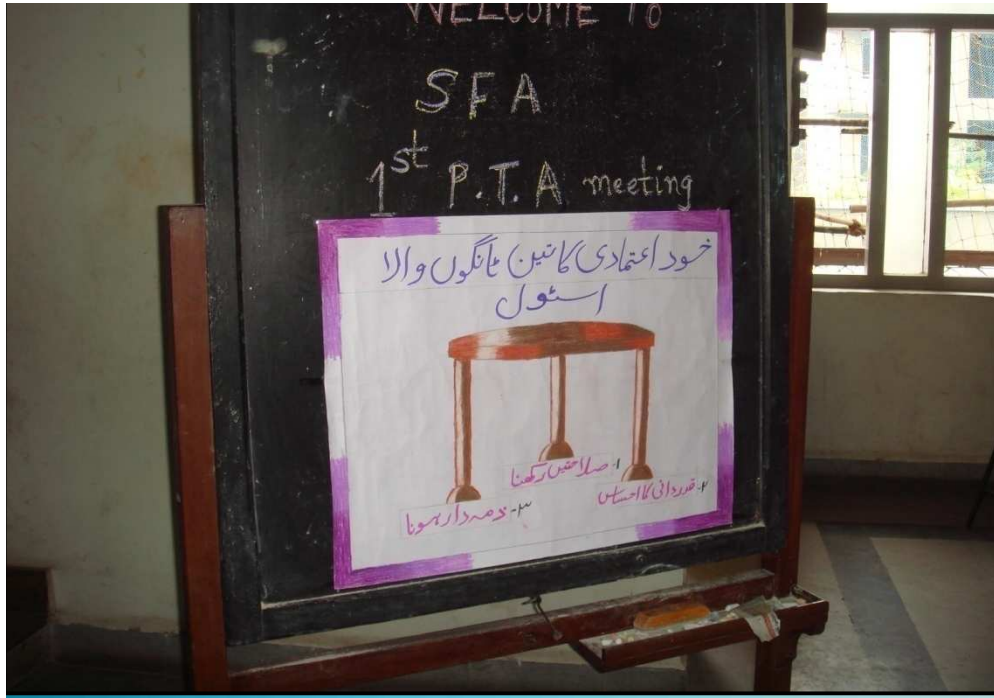
(2011 – 2012)

1st Meeting: 28th July 2011

HELPING ADOLESCENTS BUILD SELF- CONFIDENCE

In this meeting we had discussed about the challenges of raising a young adolescent and explained the ways to strengthen self-confidence in students. Discussion, sharing of ideas and different activities were done.

Incharge teachers: Ms. Shabana & Ms. Farzeen





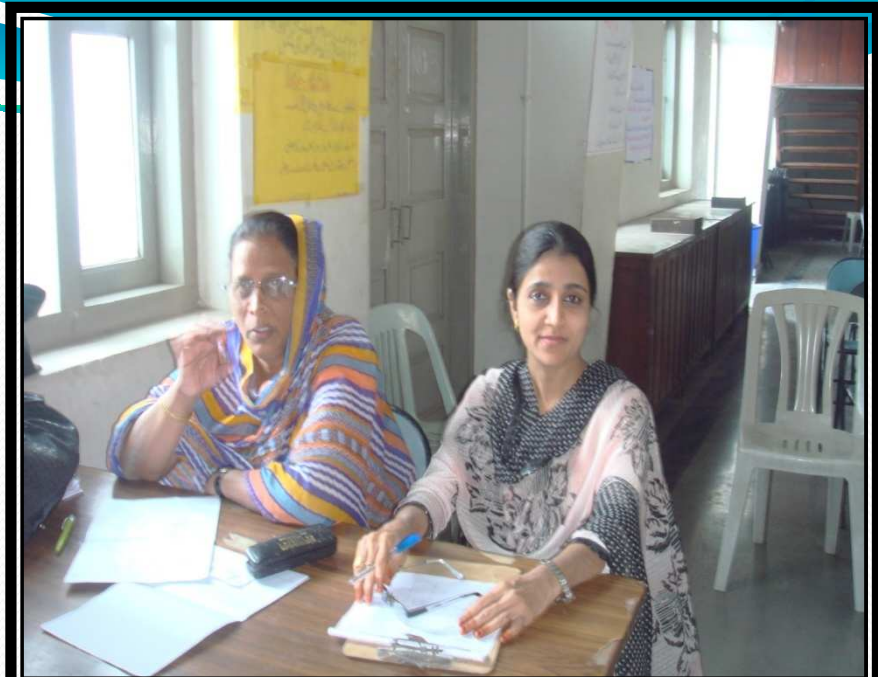
IIInd Meeting : 21st Sep 2011

IMPROVING COMMUNICATION SKILLS

Topic was introduced with the help of drama. Three keys for listening were explained and also there was deliberation on constructive responses to an adolescent's negative behaviour. Skills were taught how to improve communication with others.

Incharge teachers: Ms. Saeeda &
Ms. Qamar





IIIrd Meeting: 29th Nov,2011


SOLVING FAMILY CONFLICTS WITH LOVE & LIMITS

Discussion on common issues of adolescence & Sharing of ideas for family limits & rules.

Problem solving strategies were explained to help families how to deal with important issues and Conflicts.

Incharge teachers;Ms.shagufta &
Ms.Almas






IVth Meeting: 7th Feb, 2012

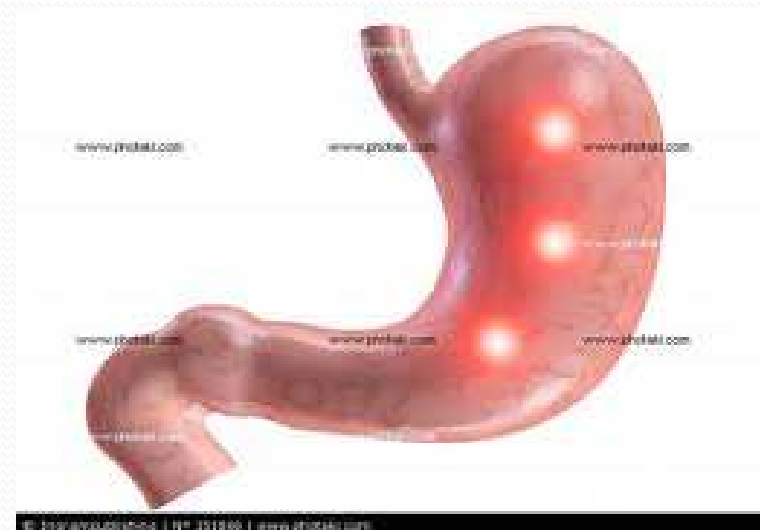
TALKING ABOUT ALCOHOL & OTHER DRUGS


With the help of drama & power point Presentation discussion about the effects of Consumption of alcohol, tobacco & panmasala Was discussed. Councillors guided the parents about their problems related to consumption of tobacco & ghutka.

Incharge teachers: All SFA incharge teachers.



Effects of pan masala





SFA PROGRAMME of 2011-2012 was successfully completed according to the planning . Behavioral changes were seen in students by the parents as well as teachers. Students developed positive attitude towards life. Parents also understood the importance of reward, appreciation & self-confidence.