



Rishi Valley School

H A N D B O O K

School Life

A HANDBOOK FOR PARENTS, STUDENTS & STAFF

‘The purpose, drive and aim of these schools is to equip the child with the most excellent technological proficiency so that the student may function with clarity and efficiency in the modern world. A far more important purpose than this is to create the right climate and environment so that the child may develop fully as a complete human being. This means giving the child the opportunity to flower in goodness so that he or she is rightly related to people, things and ideas, to the whole of life. To live is to be related. There is no right relationship to anything if there is not the right feeling for beauty, a response to nature, to music and art- a highly developed aesthetic sense’.

J. Krishnamurti, *On Education*

Introduction

Krishnamurti chose an isolated valley in the interior of Andhra Pradesh in southern India to establish his first school. Carved out of ancient granite rock, the valley stands in a rain shadow area at the edge of the Eastern Ghats. Within it are located several small hamlets inhabited by shepherds, marginal farmers, and resettled tribal populations. A remarkable atmosphere of peace and serenity pervades the landscape.

Rishi Valley School derives its name from Rishi Konda situated at the western head of the valley.

Boarding life at Rishi Valley School offers many creative opportunities as well as interesting challenges for those who join the school. The educational vision underlies the aims of the institution at creating a learning community among students and staff who live

together and share the space of this enchanting valley. A culture based on the values of simplicity, cooperation and self-awareness has been sustained here over the several decades since its inception in 1930. Though the school has grown and changed considerably with the times, this culture has remained the basis of the lifestyle and practices in the school.

As a school, we believe that the well-being of each one of us is important. However, there are inevitable limits that community life in a school places on individual desires and self-expression, and it is important that all of us clearly understand this factor. It is part of our educational endeavour to understand the implications of our behaviour through day-to-day life situations in the school.



‘So, what is right education? Is it merely a definition gathered from some book, or is it a constant process of understanding the many influences that impinge on the mind so that the mind is set free at the very beginning and is, therefore, capable of inquiry? Surely, a mind that is capable of real inquiry is always learning; it is not merely a repository of information...While it is obviously necessary in education to impart technical knowledge so that the student can have a job, at present that is all most parents are concerned with. They want their child to be trained for a good position in the present social structure, to be helped to adjust themselves to this society, which is based on greed, envy, and ambition. You want your child to fit into that framework; you dont want him to be a revolutionary, so you have this so-called education which merely helps them to conform, to imitate, to follow. But is it not possible for those who really love their children to help them to understand the many influences of society, of the culture in which they were born so that when they grow up, they will not conform to the pattern of a particular culture but will, perhaps, create their own society, free of envy, ambition, greed?’

- J.Krishnamurti, Madanapalle, Feb 12, 1956

A WARM WELCOME TO RISHI VALLEY SCHOOL!

This handbook has been compiled to communicate to the parents, students and staff the significant aspects of life in a boarding school. These guidelines have evolved over the years in order to facilitate a certain atmosphere and culture in the school.

The various aspects have been compiled in an alphabetical order for easy reference and familiarization:

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Admissions
Alumni
Assembly
Astachal

Admissions

The admission notification will be loaded on our website (rishivalley.org) by September 15. The completed applications should be sent latest by November 15. The applications will be shortlisted and the notifications sent by early December. Shortlisted candidates will be called for admission tests and interviews.

Also check withdrawals.

Alumni

Rishi Valley alumni are actively engaged with the school and its extension activities. Over the years, the alumni have supported construction of new buildings, rural extension programmes, college education of staff children, water and energy conservation. The alumni office, in association with the school administration, facilitates interaction between the outgoing students and some of the alumni to provide guidance on available courses, universities, etc. A website, www.rivaa.org has been created and two trusts, one in India and another in the US, have been set up to disseminate information and also raise funds to support the school and its extension activities.

Assembly

Morning assemblies are a coming together of staff and students. Children sit together in the auditorium and sing songs that are representative of the syncretic tradition of India. The music teacher leads these assemblies on Mondays, Wednesdays and Fridays.

Tuesdays: Separate junior and senior school assemblies led by staff/ eminent visitors. Thursdays: Separate *junior, middle and senior school assemblies led by students. Saturdays: Separate *junior and senior school assemblies led by students.

A special assembly is organized on February 17 in memory of J. Krishnamurti. It is a solemn and reflective occasion.

*In junior school, plays, recitations and projects are presented with help from teachers.

Astachal

Started by Principal FG Pearce in the early years of Rishi Valley, the children sit in silence at an elevated space to watch the sunset, the changing light, and commune with nature and the environment.

SUNSET AT ASTACHAL

A drop of gold
in a stormy sea
of grey and purple and blue.

Splashes of blood
on the sacred, overarching sky,
behind the three kondas.

A sudden spin of the sky,
as I witness the earth rotating,
from my still seat on the ground.
What will the painter
paint today?

The infinite sky
her easel, the sun,
her paint.

My senses are awakened,
I am a part of all that surrounds me,
We celebrate the beauty,
of the golden ball, in her prime.

Dumbstruck, at peace,
and content.



- Anonymous student

B



Birthdays
Books &
Publications
Bullying

Birthdays

Birthdays are important occasions for the family. The birthday girl or boy look forward to receiving a phone call, letter or birthday card, e-mail from home. The Rishi Valley family too partakes of this joyous occasion, especially in the house and the respective class.

The houseparent (junior houses) arranges purchase of chocolates from the tuck shop for the child to distribute to house mates, class mates and staff. This has been a common practice here for several years but is not mandatory.

If you happen to visit on your child's birthday (no day visits are permissible, but term visits may be arranged around birthday time), you could have a small

get-together with his/her house mates, in the house common room, with the prior knowledge and guidance of the houseparent.

Keeping with the ethos of the school, birthday celebrations should not become overly elaborate or ostentatious, thereby

putting pressure on others to follow suit. The following suggestions will help keep it easy and simple:

No exotic or branded chocolates: **all chocolates to be ordered through tuck shop only.**

Birthday goodies (if parents are visiting): A birthday cake and one inexpensive item like puffs, brownies, or samosas. Avoid expensive items such as elaborate pizzas.No beverages.

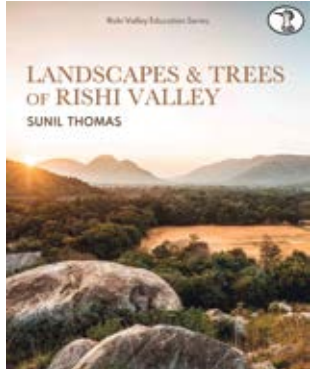
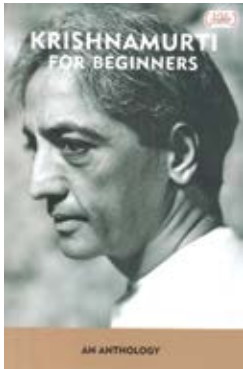
Did you Know?

Many years ago, the senior students decided to reduce plastic by not ordering for birthday chocolates. Instead, they opted to greet the birthday boy/girl in the dining hall by ringing the bell and cheering loudly!

Books



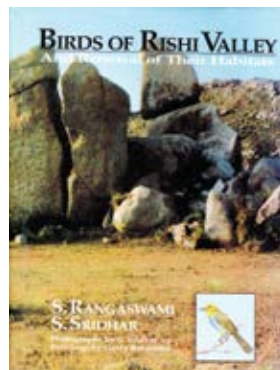
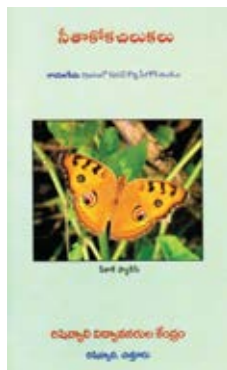
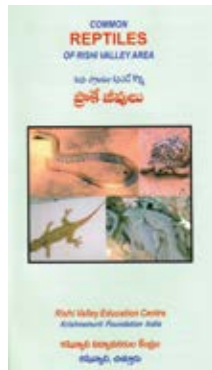
Publications



Most Krishnamurti publications such as books and DVDs can be procured through the school office.

Assembly song book and assembly songs are also available for sale.

Journal of the Krishnamurti Schools is an annual publication. A copy of this journal is given to all students and staff.



Birds of Rishi Valley, Insects of Rishi Valley, Butterflies of Rishi Valley, Snakes of Rishi Valley, and Plants and Trees of Rishi Valley (work in progress) are some of the other titles available.

Bullying

Bullying in any form is not a part of school life. This includes teasing, isolation or exclusion, physical hitting, or any other form of psychological or physical bullying.

Some aspects of bullying can be quite subtle. Class teacher periods and culture periods are sometimes used to sensitise the students. A special team has been formed, which is in the process of bringing out separate handbooks on bullying, for students, teachers and parents.

Bullying is against the culture of the school. Students are counselled and in extreme cases may be expelled from school.

ABUSIVE WORDS

Always finding a vent—
Bus seat.
Railway toilet door.
Dorm cupboard door.

Thoughts so private
Yet, so violent.

Behind his seat
Somebody had scratched:

THE CHEAT

THE MALABAR BUFFALO MALLU.

THE BULLIES

There were a group of people,
Who thought that they ruled,
Little realizing how many,
People they had hurt,
I don't know how these people,
Got it into their head,
That they were the only ones,
Who mattered in this world.

- Anonymous student



Communication

Clothes

Counselling

Culture Classes &
General Studies

Curriculum &
Evaluation

Communication

Children communicate with their parents and other family through email on certain days of the week. Students below class 10 (second term) are required to write letters as well.

We encourage parents to send hand written letters in addition to emails. Telephone calls are permissible every two weeks. In case of emergencies, parents may call the Principal or the concerned Houseparent.

Letters:

All students who do not have e-mailing facility write letters every Sunday.

Parents should also write letters regularly to their wards. Mention the correct house and pincode - 517352

Letters are sent by ordinary post.

Where postal services are unreliable letters could be sent by speed post or courier only to parents and grandparents.

E-mails:

Weekly e-mailing facility available to: Students from class 10 second term, classes 11 and 12. Students from abroad. Students from remote areas.

Temporary access to students whose parents go abroad for a duration longer than 15 days.

Phones:

Once in a fortnight. 10-minute duration. Should be spaced so as to accommodate all birthdays and anniversaries of parents, siblings and grandparents.

Frequency and duration are flexible for special cases/needs at the discretion of the houseparent.

A houseparent may withhold permission for phone calls. For instance, when there has been disciplinary action, the houseparent knows best whether a call home will ease/aggravate the matter further.

Please Note:

A phone call does not mean that it is a substitute for a letter. To ensure smooth communication, parents are requested to inform the school office about any change of address, phone or fax numbers, and e-mail address at the earliest.

Please acknowledge any circular or letter sent from the school (that requires a response).

Parents should not directly contact any staff member either through phone or e-mail. If there is an emergency, or a need to do so, it should always be routed through the office and in the case of an e-mail, a copy should be marked to the Principal and/or Coordinator.

Clothes

The school is a place of learning and it is a conscious decision of the school not to have uniforms for students. This creates an opportunity for students to learn to dress appropriate to a situation and place. Weekdays and public spaces such as dining hall and main school buildings require formal attire. Clothes may be more casual on week-ends and in houses.

Formal wear:

During weekdays students are expected to wear full length or three-quarter length, trousers/ jeans/ bottoms/ dresses/ skirts; and simple cotton close necked, sleeved, loose shirts or blouses. It is important that students wear clothes that allow them to participate in all school activities and sit cross legged on the floor.

Students are not to wear clothes with messages or labels.

Footwear should be sensible and hygienic. Flip-flops and chappals are not formal wear.

Hair is to be kept simple, natural, well combed and neatly secured (in case of long hair). **Colouring is not allowed.**

Clothes that easily hitch up or sag down may come in the way of daily activities.

Informal wear:

Track suits, knee length shorts and t-shirts are quite suitable, but sports shorts are strictly to be except for games and PT.

Clothes for activities:

Sports clothes. Dance clothes. Clothes for outdoor activities such as hiking and field work. Clothes for arts and crafts

Clothes for special occasions:

Independence and Republic days. Special dinners. Special occasions like Musical evenings
Special programmes like concerts and talks.

Exchange of clothes or borrowing of clothes is not allowed.

The number of dress items sent must be in keeping with the guidelines provided in Appendix A. Too few or too many clothes both create problems for the student. Please stitch or mark the admission number with indelible ink on all garments belonging to your child to minimise mix-up and losses at the laundry!

Please see Appendix A for specific instructions.

Counselling

Mental wellbeing of children is an important part of overall health. Rishi Valley has regular workshops to sensitise the students and staff. The school medical team has a referral system. Students also have tele consultations and video counselling sessions. Owing to the pandemic, school discontinued counsellor visits. We are working towards reestablishing it on a fortnightly basis.

Culture Classes

Students from 4 to 12 have a weekly culture class. The intent of the culture class is to help children begin a process of self-inquiry, experience quietude and develop an awareness of the natural, cultural and social worlds they inhabit.

Additionally, Class 11 has General Studies (a weekly block period) which has taken several forms. These include open discussions, reading and films on socio-economic issues. For example 'Water' as a theme has been explored in smaller groups with periodic class presentations, culminating in a substantive piece of writing at the end of the year.

Another approach investigates, through field trips, rural livelihoods and artisans' collectives, micro finance groups, food security, and so on. We try to link class excursions to the theme to make them relevant.

Curriculum & Evaluation

'We must be very clear in ourselves what we want - clear that a human being must be the total human being, not just a technological human being. If we concentrate very much on examinations, on technological information, on

making the child clever, proficient in acquiring knowledge while we neglect the other side, then the child will grow up into a one-sided human being. When we talk about a total human being, we mean not only a human being with inward

understanding, with a capacity to explore, to examine his or her inward state and the capacity of going beyond it, but also someone who is good in what he does outwardly. The two must go together. That is the issue of education: to see that when the child leaves the school, he is well-established in goodness, both outwardly and inwardly'.

- J.Krishnamurti



Teachers attempt to create an atmosphere of freedom, care and security in which students are helped to enlarge their horizons and grow. The school is concerned with developing the individual talent and intelligence of each child. The cultivation of a global outlook, a love of nature and a concern for mankind are all part of our educational aims. Teachers meet together in small groups every week to read and discuss passages by Krishnamurti. Once in a month, senior students from classes 11 and 12 along with staff read and discuss passages from selected readings.

The Junior School with its informal student-teacher relationship, is more focused on the emotional and social development of the student, structured around a framework of sensory and experiential learning as well as the development of basic concepts and skills in various subject areas. At these levels, teachers have a high degree of autonomy in deciding curriculum, teaching methods and evaluation systems. Activities such as painting, craft, music and drama, and innovative learning materials are used to support concept formation. Field trips, audio-visual media, discussions and project work help to enhance children's awareness and understanding of the world.

The Middle School is where curriculum broadens to include Science, History and Geography. Subject matter, concepts and skills are learnt through classroom teaching, teacher-designed learning material, audio-visual media, laboratory and field trips. Students are encouraged to engage in discussions and think for themselves.



The Senior School entails a longer working day, and a more organized study time for independent learning; with students maintaining a close and supportive relationship with their teachers. Discussions and debates over issues of concern in the school community or in the wider world are encouraged. Students in the senior school are seen as 'young adults' and greater responsibility is expected of them in terms of understanding and sustaining the ethos of the school.



D



Dining Hall

Dining Hall

The current Dining Hall inaugurated in 2016 is a spacious panoramic building with ample ventilation and can seat more than 1000 people. It is attached to a state of art kitchen and bakery that caters to students, staff and subsidiary staff. Food is served here in 4 sessions everyday: breakfast, lunch, evening tea and snacks, and dinner with separate timings for juniors and seniors.

A special moonlight dinner is hosted at least once in a month in the open. The staff get periodic training to improve and innovate their culinary skills.

Great care is taken to procure fresh fruits and vegetables from the local markets and the Rishi Valley vegetable garden. As far as possible, attempts are made to procure organically grown rice, millets, pulses, etc.



Interesting and lesser known facts about the Dining Hall/DH Trivia:

Kitchen: High tech cooking equipment
Bio fuel is used for cooking purposes: brickets made of saw dust and groundnut shell + wood collected from branches on the ground; never logged from trees.

Food: DH makes 1700 to 2000 chappatis everyday.
No maida, sugar or dalda in bakery items.
Rice, vegetables and pulses are steam cooked.
All bakery products, jams and peanut butter are made in-house.

D.H.Manager: Believes it is his “responsibility to look after the happiness of the children who live for 8 months of the year away from their families.”
Is always present around meal times to ensure that children eat well.
It also gives him an idea about their favourite foods and not so favourite foods.
Maintains a food register to track this data.
For special dinners which happen three times in a term and the Sports Day High Tea, the DH Manager invites the children to plan the menus.

Hygiene: DH Staff: feet washed in potassium permanganate solution, hand wash for washing hands, bath compulsory before they start work, three sets of uniform given every year with coats and caps.

Vegetables are soaked in potassium permanganate solution for half an hour before use.

E



Entertainment

Excursions/ Study Trips

Extracurricular Activities

Entertainment

During weekends the students are shown feature films, a choice of suitable films being made according to the age group. Films of a wide range are shown – documentaries; varied genres; regional films and world cinema.

We also invite a variety of musicians, dancers, and other performing artistes for programmes and workshops. In addition, we organize our own entertainment programmes, theatre and musical evenings with students

Excursions/ Study Trips

All classes from prep upwards with the exception of board batches (classes 10 and 12) embark on a study trip to ecological reserves, monuments or NGOs. In some of the classes, attempts are made to take students in smaller groups for greater immersion. Some of the places visited in the recent past are Shanti Niketan, Sunderbans Tiger Reserve, Agumbe, Gudalur Tribal Initiative, Auroville, Anandvan, Ekalavya, amongst others. • Field trips are also arranged to nearby villages; fields, Rural Health and Education initiatives of school, orphanages.





Extra curri cular

A c t i v i t i e s

Arts and crafts: sketching, painting and printing; sculpting, clay work and pottery; weaving, knitting and stitching; paper craft and origami; batik, kalamkari, block printing, tie & dye; wood work, chiseling, carving and whittling. This work culminates in an annual art exhibition called Srujana which is held around the last week of February. Many projects such as mural paintings, printing sports day t-shirts, assisting in the set designs for plays, are also undertaken by the art department.

Design and technology department: set designs for plays; tinkering; science experiment and projects; in-house soap making, lip balms, hand wash and sanitisers, detergents and other cleaning products. Some of these products are sold for in-house consumption thereby reducing the ecological footprint.

Carnatic music, mridangam, violin, and bharatnatyam dance: periodic special assemblies and concerts are performed.

Bird-watching: Sunday morning bird watching e-list is immediately uploaded; annual bird preserve day is observed to commemorate the declaration of Rishi Valley as a bird preserve a lecture by an eminent naturalist is arranged on this day; annual back yard bird count (an international event that is held in early February); outstation trips to near and far away places for select bird enthusiasts.

Week-end folk dancing: Students from grades 9- 12 practice folk dancing on sunday evenings in the auditorium. One or two teachers accompany them and continue this tradition.

Clubs for seniors take place every Saturday from 12.00 -1.00, such as,

Drama Club, Journalism Club, Philosophy club, Music Club, Photography Club and Film Club.

Committees: Class 11 students join various committees which look into Assembly, Annual Quiz, Community Service, Newsletter, Field Work, Library, Movie and Dining Hall.

Hikes: house hikes, class hikes and small group hikes.

External speakers are invited to give talks to students. Some classes also have extended interaction with these speakers. Some of our prominent speakers have been Madhav Rao Gadgil, Chinmay Tumble, Vinay Sitapati amongst others.

F



Fees & Deposits
Festivals, Gifts &
Celebrations
Food Policy

Fees



Deposits

The annual fees cover the tuition fee as well as hostel, food and laundry charges, Guest House and Dining Hall charges for parents' term visit, children's dining hall extras, note books issued at the beginning of the academic year, postage and courier charges, telephone and internet charges, materials issued from various departments like Arts & Crafts.

They do not include what we normally refer to as “**Deposit Expenses**”. The Deposit Expenses, so-called because they are met out of a deposit account, include tuck-shop purchases, hikes and excursions, toilet articles, purchase of textbooks, stationery; travelling expenses to and from the school, medical expenses, guest house and dining hall charges for parents visits other than the permitted term visit and so on.

Payment of fees:

The school fees are to be paid in two instalments, by the end of March and in the second week of December of each year. If this is not done, the school is put into considerable difficulties. If the school fees are not paid on time, the parents will be charged a penal interest of 15% per annum, calculated from the last day of the 'Fees Payable' period.

Under any circumstances the fees should be paid within thirty days of the due date. Otherwise, the name of the student will be removed from the school rolls.

If a student's name is removed from the rolls, he or she can be readmitted only after payment of the admission fee of Rs 7,500/-.

If you do not receive the demand for fees and deposit amount for the subsequent term within 15 days of the

commencement of the vacation, please contact the school immediately.

Change of fees due to change in resident status:

In case of change of status of parents from Non-resident to Resident or Resident to Non Resident, the change of fees will be applicable from the subsequent term.

In the above case, information regarding the change of status should be sent to the School at least one month before the closing of term or academic year, as the case may be.

Mode of payment:

All payments should be made through SBI collect.

Please do not forget to inform the payment details to the office.

Food Policy

The students are provided with a wholesome and balanced vegetarian diet that includes ragi malt, dairy products and eggs. Fruits and salads grown in our vegetable garden are also part of the menu.

Please note that non-vegetarian food, as a matter of policy, is not served in the school. Parents should not bring any such food items. STRICT ACTION WILL BE TAKEN IF THIS IS VIOLATED.

Apart from the meals in the Dining Hall, students like to have access to snack foods — such as biscuits, chocolates, sweets and savouries of various kinds. In a boarding school this tends to acquire disproportionate importance in students' minds. When students have plenty of snacks at their

disposal, it reduces their appetite for the freshly cooked and nutritious food provided in the dining hall.

An additional concern is the plastic or metallised packaging of most snack foods. Regular influx of such items into the campus has created a grave problem of waste disposal. Being an isolated rural community, we do not have recourse to recycling facilities or proper methods of disposal.

We undertake to supply all students with adequate and nutritious snack foods from our own facilities. Parents should therefore not send any kind of snack supplies with their children. There are two other facilities that supply snack foods: the Women's Kitchen which supplies fresh savouries in bulk quantities and

the Tuck Shop for other goodies. Children with special nutritional needs are allowed to keep a supply of dry fruits and nuts. **Please limit nuts and dry fruit supply to unseasoned almonds, pistachios and dried raisins (grapes).**

No food hampers or food parcels are to be sent with/to students. Even during their term visits parents should not leave behind any extra food items with their children or with the house parent.

If food items are found with students, these will be parcelled back to the parents at their expense.

If there are repeat practices of these, we may have to cancel the subsequent term visit.

Plastics that are brought to the guest house need to be taken back home.

Some serious concerns especially amongst senior students:

The food provided is both sufficient and nutritious. Children must not skip their meals and indulge in 'ille' parties. We will be working at cross purpose if parents indulge children with food items, such as Maggi noodles, which they cook in extremely unhygienic and hazardous conditions. Other forbidden food items include pickles, sauces, spreads, juices, jams, honeys, spices and other preservatives.

PARENTS WHO CONTINUE TO INDULGE THEIR CHILDREN WITH THESE ITEMS DESPITE REPEATED APPEALS MAY BE FORCED TO FOREGO THEIR TERM VISITS.



Celebrations
Festivals
Gifts

There are no holidays or institutionalized celebration of any religious festivals in the school, as the institution does not subscribe to any particular religion.

Though festivals are not officially celebrated, some festivals through the year—such as Pongal, Christmas and Eid or any other—often give rise to cultural programmes or spontaneous initiatives from students and teachers (such as decorating houses, presenting assembly programmes, taking part in community dancing and singing).

In keeping with this policy and the emphasis on simplicity, we do not want students to bring purchased gifts for distribution on the occasion of festivals (such as Christmas). We have found that such gift-distribution takes on overtones that are not in keeping with the ethos of the school. Instead, we encourage children to make cards or small craft gifts. **Students have sometimes been informally playing games such as ‘Secret Santa’ for which they have been either bringing/requesting gifts for their friends. For reasons stated above, it goes against school policy and is not permitted.**



G



Gadgets,
Devices &
Instruments
Guest House
Growing up &
Sex Education

Gadgets,
Devices &
Instruments

In general, we want our students to develop an appreciation for a simple lifestyle, rather than surround themselves with accessories or gadgets.

All the hostels are provided with common music systems that can be used by students, under the supervision of the Houseparents.

Parents should not send any type of music players with students. If such items are brought, they will be confiscated and not returned.

Students may wish to bring some music of their choice, or music stored on memory sticks, but even here some discretion needs to be exercised by making sure that the songs brought do **not contain inappropriate lyrics.** Personal musical instruments - such as a keyboard or guitar – may, however, be

brought, though the school reserves the right to ask that they be taken home if they are not being used or looked after properly.

Students are **not permitted** to have personal electronic/electric equipment such as **music systems, I-Pods, digital watches, kindles, kettles, hot plates and especially cell phones** with them. These items have no place in the lifestyle we envisage for our students here. Any breach of this policy will be viewed very seriously.

Such items are liable to be confiscated and not returned.

MOBILE PHONES MUST BE HANDED OVER TO THE HOUSEPARENT IMMEDIATELY AFTER STUDENTS REACH SCHOOL.

Guest

H O U S E



Since our guest house has a limited number of rooms, we are able to accommodate parents only on a first come–first served basis. Hence prior communication and a confirmation of booking in the guest-house is absolutely necessary. Bookings can be made at any time during the year.

Some guidelines regarding guest house bookings are listed below:

Parents are requested to write their proposed dates of visit to the school well in advance and to seek confirmation of accommodation from the school.

If you reserve accommodation over the telephone, please note down the name of the person confirming the reservation and reconfirm by email.

During the first week of the new academic year, accommodation is reserved for parents of newly admitted students.

Parents are not permitted to take their children outside the campus to stay with them.

Please do not tip the guest house staff. We do not want to encourage a culture where the service will become dependent on tips. If you would like to contribute to the welfare of the service staff you could leave the amount with either the Bursar or the Office Manager in the School office.

Cooking of any kind is not allowed in the guest house.

When your child is spending the night with you in the guest-house, it is not advisable to have a late night as your child has to follow the regular school routine the next day. Avoid binge watching movies/shows. No other student other than

your own ward is allowed to visit you in the guest house even if they happen to be close family friends or relatives.

Use of Cell phone should be strictly restricted to the Guest House only. Neither parents nor students should be seen using them outside this zone. Please do not lend your phones to other children. **Avoid taking photographs of other students and circulating it on the social media or whatsapp. It is a gross violation of children's rights.**

Growing up

Sex Education

Puberty is when a child's body begins to develop and show secondary sexual characteristics as they become ready for adulthood. The age at puberty varies for children, usually between 10 and 12 years. Don't worry if your child reaches puberty before or after their friends! It is important that you have conversations with your child about puberty so that they understand that it is a normal part of growing up and are comfortable with their changing bodies.

Start talking to your child about puberty and sex-related issues at an **early age**. Use **age-appropriate sex education materials**, such as books and video content, to help explain to your child what changes they will undergo.

Explain the physiological aspects of sex to your child as well as the psychological and social aspects of growing up.

Sex and sexuality is a socio-cultural topic and your children need you as their parents to guide them as they prepare to enter the world as adults.

We have listed some useful resources in [Appendix B](#).

School conducts regular workshops for both staff and students on growing up issues and sexuality. a small group of staff are also being trained to handle these issues.



Health Care
House &
Houseparents

Health Care

There is a dispensary and a small hospital, with a full-time resident doctor and nurses, to take care of the medical needs of students.

Most common ailments can be dealt with on the campus.

Students may be referred to a specialist at Madanapalle or Bengaluru if necessary.

Parents are apprised of any serious illness. Occasionally, they may be asked to take the child home for treatment and recuperation.

Our resident medical doctor treats patients with allopathic medicines.

X-Ray and other laboratory investigations are available on campus, at the Rural Health Centre.

Please see Appendix C for further details.

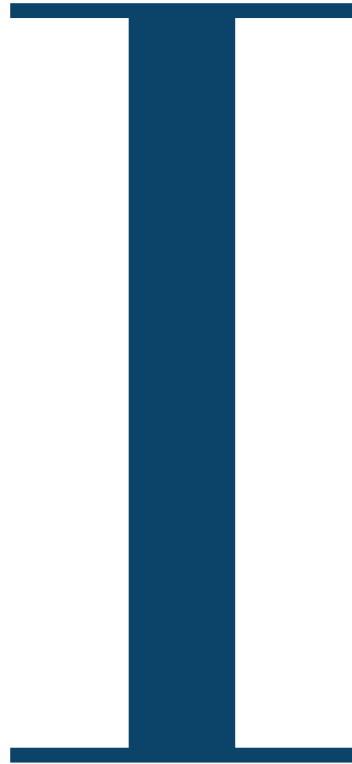


House &
Houseparents

The 'house' is central to life at a boarding school and the houseparent is the immediate guardian of the students who are away from home for four months at a time. All houses have mixed age groups. Apart from getting to know the individual students closely and taking care of their food habits, sleep, hygiene, dress and deportment, academics and hobbies, the houseparent is also alert to group dynamics and the overall quality of life in the house.



The houseparents are the immediate contact when parents come for their day or term visit. They need to seek the permission of the houseparent before they meet their children.



Internet

Internet

Limited internet access is available to the students for the following purposes:

Teacher monitored activities.

E-mailing where applicable.

Skype sessions with Parivarthan (School counselling facility)

College applications—only for college applications and interviews; not coaching.

Research for assemblies and projects.

Students are expected to adhere to the IT policy of the school.

Students are able to access sites on the WHITE LIST which is periodically updated.

J



Journeys &
Travel



Journeys
&
Travel

For journeys from home and back:

All teacher escorted parties have been cancelled on account of dwindling numbers.

Travel from/to airport can be arranged through the office in particular slots.

Any other travel:

Is solely the responsibility of the parents/guardians.

School cannot arrange for travel during the course of the term.

Students must be accompanied by the parents/guardians or a person authorized by the parents/guardians.

Any travel/stay that is needed for college entrance/interviews:

School cannot undertake any responsibility.

Parents are free to consult each other and make collaborative arrangements amongst themselves. Students will not be sent on their own. They must be accompanied by the parents/guardians or a person authorized by them.

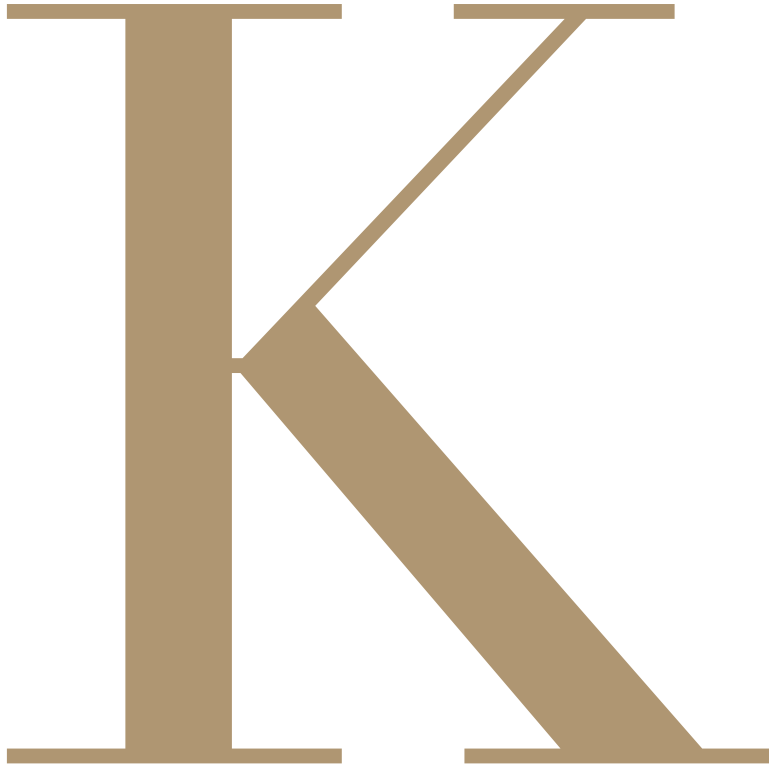
Foreign passports:

Parents or guardians of students who have foreign passports must make their own arrangements for visas, resident permits, re-validations, etc.

Students who have passports in school should deposit them with the school office for safekeeping.

If the visas of students with non-Indian passports expire during term-time, it is difficult to renew them. You are therefore advised to obtain a student visa for your child.

The school is not in a position to provide any assistance for renewal of the visa.

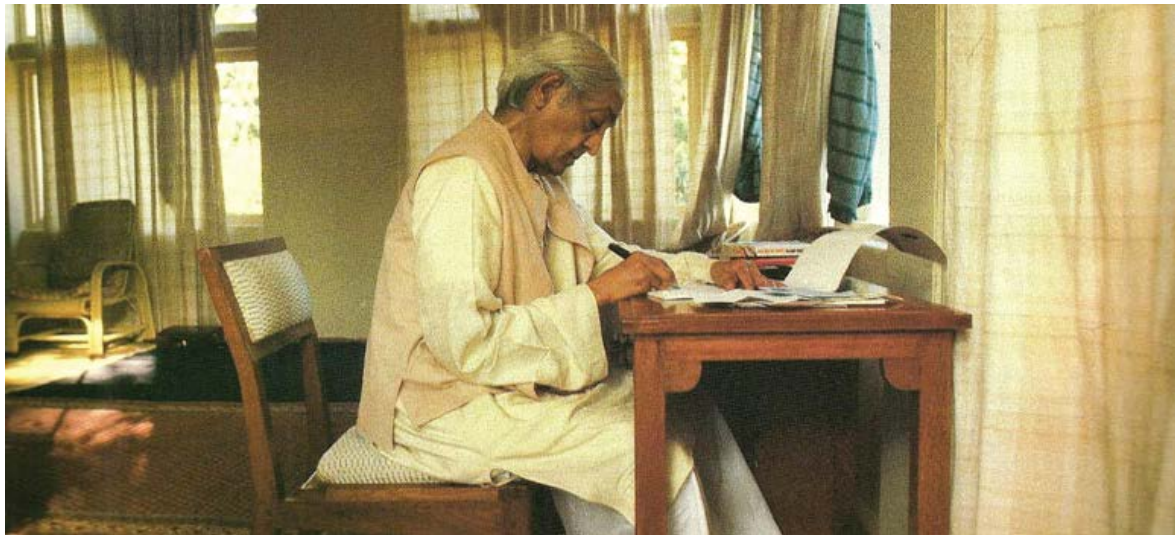


Krishnamurti
Study Centre

Krishnamurti Study Centre

'...a Study Centre has become a necessity because that is the place where the treasure is, right?The treasure. From that treasure you can draw...You can draw your strength, you can draw your energy, you can draw your sustenance, nourishment, and so on. ... Here is- I don't know how to put it- something that is sacred; let's call it for the moment. And from that everything flows.'

J.Krishnamurti, Rishi Valley, 19 December 1985



The Krishnamurti Study Centre at Rishi Valley houses a library of books on philosophy and the full range of books by Krishnamurti. It welcomes visitors who are interested in different aspects of Krishnamurti's teachings and provides a setting for quiet reading, contemplation, silence and rich discussion. A dialogue between students, faculty and visitors is held every Sunday evening in the library. Krishnamurti readings and videos are perused in small and big groups throughout the year. The Study Centre in-charge takes special assemblies on Krishnamurti in the school throughout the year through music, stories and his teachings. The Study Centre has a strong presence and is an integral part of school life.





Laundry

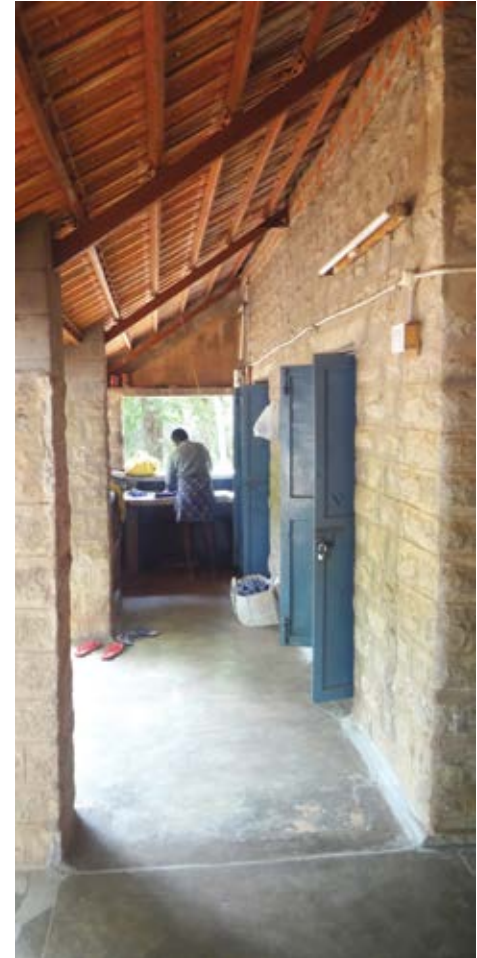
Leave

Libraries

Laundry



The school has a well-run laundry system which washes, irons and delivers clothes twice a week to each hostel. The Design and Technology team supplies hand-made sustainable detergent to the laundry.



Leave During Term

Students are not given permission to take leave during the school term.

Children **may not** leave the campus during term time to attend **festivals, family functions, graduation ceremonies or religious ceremonies.**

During parents' visits, students cannot be taken for outings to Madanapalle, Horsley Hills, Tirupati or elsewhere.

In the case of weddings, children may be given permission to go home for the marriage of their own siblings or siblings of their parents.

Parents are required to write well in advance to seek such a leave of absence. The number of days away from the campus should be kept to a minimum since a mid-term absence from school disturbs classroom learning and the rhythm of school life.

Libraries



Senior Library

The senior library has over 10,000 books in its collection and is a favourite location for students to spend their free time. It is a pleasure to simply settle down in one of the many easy chairs with a book of one's choice from the tall shelves. One can also study uninterrupted, finish any leftover work between classes in the study area or on the beautiful wooden mezzanine.

The library subscribes to many magazines, informative journals and newspapers such as Down to Earth, Economic and Political Weekly, Marg, National Geographic, Teacher Plus, amongst others. The extensive research guide section is an asset for students working on their internal assessment

projects. The library also has a digital reference section which can be accessed on any of the library laptops.

Junior Library

With over 5,000 books of various genres on display and another 2,000 or so in storage, the junior library is a Bibliophile's paradise. It plays a central role in the academic life of the junior school.

The junior library has been a centre of fun and learning for all the students of classes 4-8. Students organise book themed treasure hunts every month, do their project based research in different subjects, display their artwork and of course use the space as a haven for just happy reading.

Under the watchful eyes of their teachers and the librarian, the youngest pupils of the school develop their lasting love for books.

Other libraries include the following:

Study Centre Library

Teacher Resource Library

Faculty Library

Class and House Libraries



M

Money
Matters



Money Matters

The School has a clear policy regarding money in any form.

As long as students are in the care of the school, all their basic needs including tuck shop purchases are taken care of.

Though it is a common practice in many homes to give children pocket money, parents need to ensure that students do not carry money to school. In case they carry money during travel,

students must hand it over to their houseparent immediately upon arrival.

Students found with money in any form will face serious disciplinary action including expulsion.

N

Newsletter,
Sports Tabloid,
RV Matters,
Kitchen
Chronicles

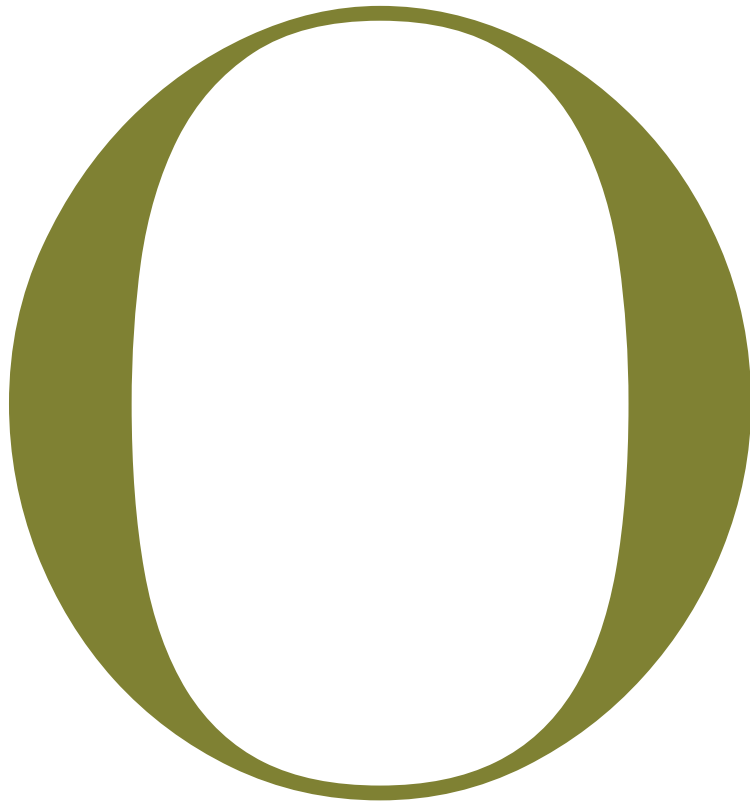
Newsletter

A special Newsletter Committee, comprising students of Class 11 or 12 and designated staff, brings out two issues of the Newsletter every term covering events during the term.

During sports meet, students of Class 8 bring out a daily Sports Tabloid.

Our on-campus ornithologist periodically brings out his musings on ecological issues in RV Matters.

Kitchen Chronicles is another in-house platform which shares special recipes from our kitchen and bakery.



Outreach
Programmes

Outreach Programmes

RURAL EDUCATION CENTRE (REC) :
REC consists of RIVER (Rishi Valley Institute of Educational Resources), a residential middle school for students from the immediate neighbourhood and seven 'satellite schools'. Promoting Multi-Grade Multi-Level (MGML) methodology, that is recommended by governments in India and abroad as well as the UNICEF, these schools have transformed learning practices in elementary school education across the country.



RURAL HEALTH CENTRE (RHC):

Set up by a doctor and veteran, the programme today covers an annual patient load of 22,000 from about 60 revenue villages with below poverty line population of 200,000. Patients from across northern parts of Chittoor, contiguous parts of Anantapur and YSR (Kadapa) districts in AP and adjoining parts of Karnataka state come to seek treatment.

The patient facilities include day care, treatment room, care for non-communicable diseases, health education, foot wear for diabetic foot, diagnostic centre, microbiology unit, tuberculosis cultures, ultrasound and x-ray imaging. The RHC docotors are engaged in research and publications in collaboration with international universities/agencies.

RISHI VALLEY SPECIAL DEVELOPMENT AREA (RVSDA):

RVSDA is active in ecological conservation projects, including the management of water

through building of percolation tanks and rain harvesting, waste water management, conserving natural resources, and building environmentally sustainable livelihoods among the rural population.

Students from middle school and senior school are involved in the activities of REC and RHC.



P



Parcels

Photography

POCSO Act

Parcels

In the last few years there has been a monumental increase in the parcels coming in through parcel service and online shopping. On an average 80 parcels are being delivered daily most of which are items that are locally available. This has also added to the waste generated (packaging) on the campus.

It has also become a practice to order gift items for friends, sometimes on a mass scale. This has become a new trend which is impacting social dynamics amongst the students.

All parcels will be sent back to the parents at the discretion of the Houseparent/Principal.

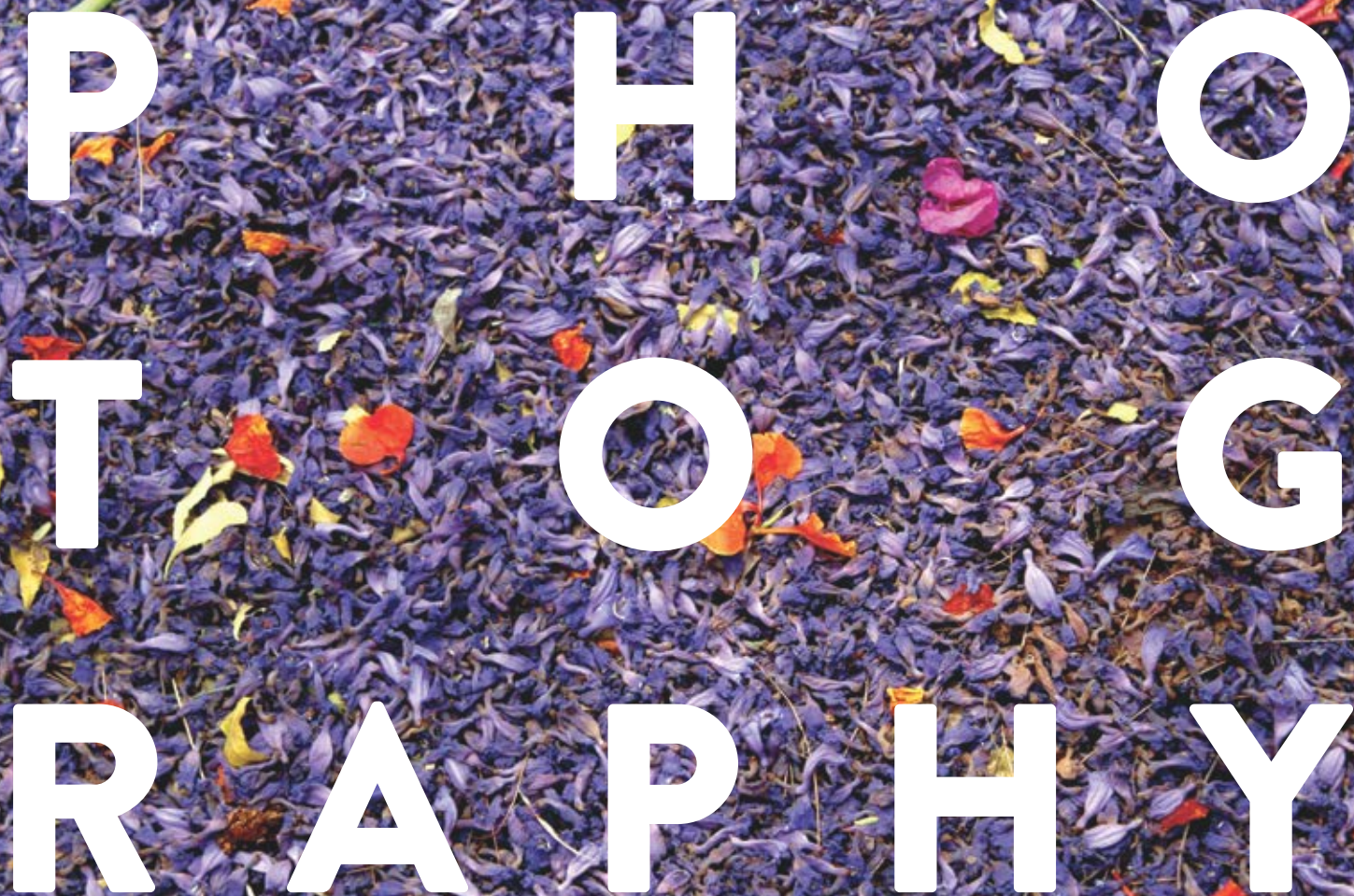
Further, we have two well stocked libraries. While parents may replenish their children's books during term visits, please avoid placing online orders addressed to school. **From now on, parcel service should be availed for emergency purposes only.**

POCSO

Act

2012

Resonating with Krishnamurti's vision of school as a place for learning without fear, in an atmosphere of freedom and affection, Rishi Valley School places utmost importance on the safety and well-being of children. We take responsibility that no child is abused or neglected. If instances of abuse come to light, the school will deal with them promptly, firmly and fair-mindedly. The safety of the child is our highest priority.

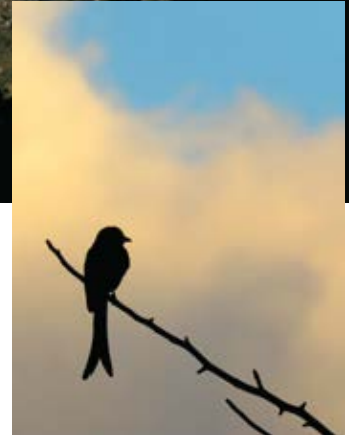


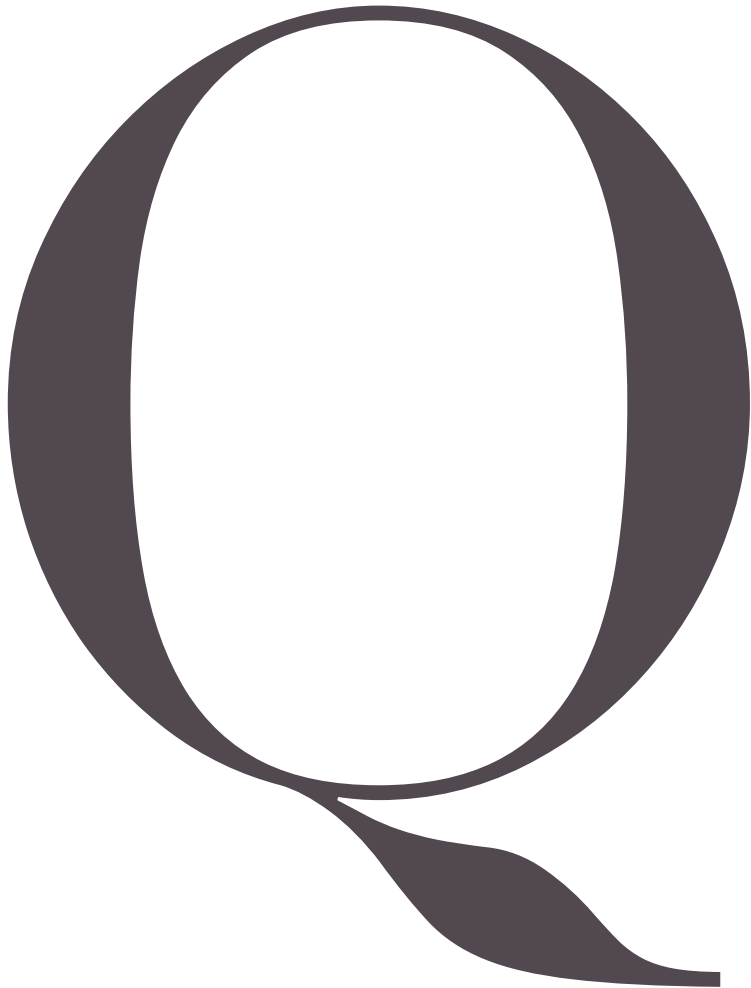
**P H O
T O G
R A P H Y**

The school has a photography team that records most school events and we are happy to share these through proper channels.

Taking photographs of students and posting them on social media is strictly prohibited.

Students are not allowed cameras of any kind including during term visits of parents.





Questions &
Queries

Questions and queries are a healthy part of an institution's growth. However, they need to be channelised rightly so that they are addressed appropriately. Please address all your queries to office@rishivalley.org or principal@rishivalley.org. Another forum that is available is the Sunday interaction slot between 10.00am-10.40am during term visit. A team comprising of senior staff have an open discussion with parents. This is usually held at the main senior staff room.

R



Relationships

Relationships

“Relationship is the process of understanding oneself, and to understand oneself from moment to moment in daily life is self-knowledge.”

– J. Krishnamurti



Relationship is the edifice on which any society is built. School culture at Rishi Valley is built on relationship – to people, ideas, nature and things.

Through a process of self-understanding, we strive to engage with one another, as teachers, children, staff, and visitors to the school.

S



Safety & Security
Sports

Safety



Security



Rishi Valley is nestled in a valley surrounded by villages. For many years it had no marked boundaries and was called 'a school without walls'. However, according to the Council norms, the school has had to put up a fencing around the campus. Students' movements have therefore become partially restricted. Fortunately, Rishi Valley is still able to offer vast green spaces within which children are able to freely and happily wander about.

Sports

Krishnamurti has pointed out that the word 'compete' means striving together. In Rishi Valley, sports embodies a silent but determined effort to achieve an optimal balance between order and freedom, awareness and comparison, co-operation and competition.

Children up to the 8th standard play all the games based on weekly and term-wise schedules. For this age group, cricket, basketball, handball and football coaching is built into the annual program. Between the 9th and 12th classes, children can make choices and are encouraged to take up any two sports in a serious manner.

PT and games keep a large percentage of students occupied with minimal supervision for close to two hours a day.

Sports equipment for all the games played at school is available from the games department. However, students may bring a tennis racket, badminton racket or a cricket bat, if they so wish. **Students should not bring their own footballs, volleyballs or basket balls to school.**



T



Transport Facilities

Tuck Shop

Term Visits

Transport Facilities

In the event of parents unable to engage taxis or auto-rickshaws from Madanapalle, the school will be able to provide transport to parents to and from Madanapalle, subject to the availability of vehicles and drivers. We have also procured an electric auto for transportation within the campus. This is usually used to ferry injured and handicapped persons within the campus.



TERM VISITS

Parents are advised to visit the school once during each term; at the very least they should visit once in a year. This provides a valuable opportunity to get in touch with teachers, exchange information and concerns about their children's growth and development. It enables parents to become more deeply aware of the ethos and the wider educational concerns of the school.

During visits to the school, parents are invited to be part of the school's regular programmes – such as assemblies, cultural or sports events, the quiet evening gathering (astachal) and so on.

In order to accommodate as many parents as we can over the term, certain norms and guidelines have been worked out. We request you to follow these norms and not ask for exceptions:

Parents are expected to make no more than one visit per term. The visit should be of no more than three days (two nights) duration, if it is during a weekend.

Parents who visit during weekdays (Monday to Thursday) may stay for up to three nights. It is also our experience that more frequent or longer visits by parents tend to unsettle children in their routine as well as emotional adjustment

Children of visiting parents are allowed to spend their free time as well as the nights with their parents in the guest house. **However, on their arrival parents must take permission of the house parent to take their child with them.**

Children are expected to follow the school routine; assemblies, classes, games, prep, etc. As usual, and parents are asked not to seek permission to exempt them from these activities.

Parents must meet the house-parent and class teacher and could also meet the Principal or the appropriate Coordinator. To facilitate such meetings, on Sunday mornings, there is an informal tea session arranged at 10.40 am in the Senior School staff room or in the auditorium, where most teachers would be available. Parents visiting over weekdays will need to seek out teachers individually and meet them in their free time.

We would like the parents, especially those that are here during the week end, to meet together as an entire parent body with some staff. This will be arranged by the school for which the timings and venue will be announced in advance. This is to create space for teachers and parents to engage with each other in a more meaningful manner. We could use this space to discuss school issues, concerns and initiatives, general discussions, etc.

There are certain other guidelines to be kept in mind during a visit to the school:

Visits by family friends and relatives of students are not encouraged, since frequent visitors for a student have a disturbing effect on the normal routine. In case there is such a visitor for any student, it is mandatory that there be a letter of introduction from the parent. Only then can the house-parent permit the student to meet the visitor. Students are, however, not permitted to stay overnight in the guest house with anyone other than the parents or grandparents. This keeps in mind both the safety of the child and avoidance of disturbance in his/her daily routine.

Apart from their own children, no other students are allowed to visit parents in the guest house.

Children are not permitted to accompany their parents to any place outside the school campus, barring exceptional cases, when the Principal may grant permission.

Parents are asked not to make requests for recreational trips and avoid seeking to make purchase trips, unless absolutely essential.

Please avoid bringing pets to the school on your visits.

Please do not take cars into areas where they are not allowed, such as the vicinity of the School, Dining Hall or Hostels. If absolutely necessary, please take permission from any of the authorities in the school office.

When you are on campus please keep your cell

phones on silent mode at all times. They should not be used in public spaces such as the dining hall, the auditorium or the school buildings. Under no circumstances should they be given for use to children other than your own.

Taking photographs, with a camera or a phone, of individual children other than your own is strictly prohibited, even if their parents have requested you to do so.

Tuck Shop

We try as far as possible to stock items that do not have high plastic content in the packaging.

The school 'tuck shop' stocks:

Stationery and toiletries.

Sweets, chocolates, biscuits and other confectionery.

Large tins of biscuits or cheeselings that can be bought for the whole house.

Natural and organic products from Kaigal Tribal Produce and Prakrutivanam.

Within a certain allotted budget, students are allowed to purchase on credit a supply of these items once a fortnight. Houseparents keep track of these purchases.

U



Upkeep of Persons
and Spaces

Upkeep of Persons & Spaces



Students are nurtured to take care of their own person and their surroundings:

In the junior houses, matrons and house parents take special care to inculcate good practices of personal care and hygiene.

Weekly oil baths and delousing are done with help of support staff.

In senior hostels, houseparents continue to guide students in these matters.

All students by rota have house and class duties to maintain their surroundings.



Vegetable Garden
Vishakha
Guidelines

Vegetable Garden

Our vegetable garden is organically maintained and regularly supplies greens to the dining hall. Other major produce includes vegetables and fruits such as:

Onion

Carrot

Drumstick

Broccoli

Brinjal

Ladies finger

Lettuce

Avocado

Papaya

Tomato



Vishakha Guidelines

According to the Vishakha Guidelines (1997) and the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, Rishi Valley has an active Internal Complaints Committee for complaints relating to sexual harassment.



Water Conservation
Land Care &
Waste Management
Withdrawal of
Students

Water Conservation, Land Care & Waste Management

Land care is central to the conservation work of Rishi Valley; we concentrate on the following areas:

Water conservation

Reforestation of barren hill slopes

Soil and moisture conservation and wasteland development.

Use of alternative energy.

Water conservation and waste management are integral to life at Rishi Valley School:

From the beginning, students are taught to use water sparingly and sensibly. Many buildings have rain harvesting designs. All rain water is channelized to percolation tanks at various locations on the campus. A waste water plant has also been installed to treat the grey water for agricultural and construction purposes.

Waste is segregated in all areas of school: houses, classrooms, office, dining hall, guest house and hospital.

More than five decades of water harvesting has resulted in the construction of seven percolation tanks on the edge of the campus and on hillsides. A once barren hillside adjacent to school is now part scrubland and part forest. For the local village community, the regenerated hillside means fodder for its animal population and fuel wood; the space is a kind of insurance against long periods of drought. As a result, many birds returned to the valley, including the yellow throated bulbul. It was thus declared a bird sanctuary and preserve, cited by the International Council for Bird Preservation.

Electricity from solar power accounts for more than 50 percent of the needs of the school.

Senior students have field programmes and other teacher initiatives to foster land care and sustainable life style choices.

Withdrawal of Students

The rules regarding withdrawal of students are as follows:

- a. If the parents plan to withdraw their children at the end of an academic year, the notice should reach us before the 1st of March.
- b. In all cases of withdrawal after 1st March, the full fee for the first term has to be paid.
- c. If a student is withdrawn after the commencement of the academic year, the whole year's fee must be paid.
- d. If a student is withdrawn for the second term, the whole of the second term fee must be paid. The second term generally starts at the end of November, after a mid-year vacation of 5 to 6 weeks. The management reserves the right to require the withdrawal of a student:
 - a. Who, in the judgement of the Principal in consultation with the concerned class teacher, house parent and coordinator, is not likely to benefit from continuing his or her education at the School.
 - b. Who, by his or her conduct has, in the judgement of the Principal in consultation with the concerned class teacher, house parent and coordinator, forfeited his or her right to belong to the student body of the school.
 - c. Whose fees are not paid within the stipulated time.



eXclusive
Relationships

eXclusive Relationships

While we encourage students to interact freely, we actively discourage the formation of one-to-one/exclusive relationships or what, in school parlance, is referred to as 'pairing'. It is impossible to set limits to these relationships. Such friendships tend to distract the students, impacting their academics and participation in other activities in school. While teachers engage with students and counsel them, violations are viewed seriously and entail disciplinary action. Students who are in exclusive relations are liable to be suspended; recommendations for higher education or outside schools may be impaired; and students may even be rusticated from school in extreme cases.



Year Calendar
Yoga

Year

Calendar

There are two school terms, each being approximately 4 months long. The dates for the coming year are indicated below.

Calendar 2023- 2024

I-term 2023-24

Teachers return	Tuesday, May 30, 2023
Class 12 students return	Wednesday, May 31, 2023
All students return	Saturday, June 10, 2023
Classes start	Monday, June 12, 2023
Last working day	Friday, October 13, 2023
Parties Leave	Saturday, October 14, 2023

II-term 2023-24

Teachers arrive	Sunday, November 26, 2023
Students arrive	Saturday, December 2, 2023
Classes start	Monday, December 4, 2023
Last working day	Saturday, March 30, 2024
Parties leave	Sunday, March 31, 2024

*Subject to change depending on board timetable next academic year.

We expect students to attend school on all the working days, and parents should not seek permission for late arrival (or early departure) unless there is a serious health problem.



Yoga

Yoga is considered integral to life at school. It is a co-curricular activity and many teacher groups also actively practice yoga. Students and teachers showcase their yoga prowess at the annual Sports Day event.



Zero & near Zero
Plastic Initiatives

Zero & near
Zero Plastic
Initiatives

School has been encouraging many eco-friendly practices and life style changes in the community to reduce plastic in the valley:

The tuck shop tries to buy bulk products with minimal packaging.

The Design & Technology section has begun a soap making unit which packages soap in butter paper and sells these at manufacturing cost. It is also trying out other products such as floor cleaners, hand wash and lip balms.



Women's kitchen (Murukku House) was initiated to cut down on packaged and processed food.



Appendices

Appendix A

Clothes

The type of clothes worn to school should be appropriate for class wear: simple and easily manageable rather than ostentatious or overly casual. The dress-sense that students develop while at school should be based on comfort and appropriateness.

GIRLS' CLOTHING

Class and Prep wear

S. No.	ITEMS	SPECIFICATIONS	NUMBERS
1	Salwar/Kameez	minimum of one white	4 sets
2	Formal Shirts/Kurtas	loose, cotton comfortable	8 sets
3	Formal Trousers/Jeans/Palazzos	ankle length	
4	Skirts	ankle length	
5	Dresses (class 4 & 5 only)/ three fourths/ skirts	knee length	

Hair should not be streaked/ coloured. It should be neatly combed and tied for class, prep and at the dining hall.

GENERAL

S. No.	ITEMS	SPECIFICATIONS	NUMBERS
1	Special occasions/dinners	Semi formal wear	2 sets
2	Week end wear	Casual Wear (three fourths / t-shirts)	2 sets
3	Nightdress		4 sets
4	Slips		5
5	Panties		10
6	Brassieres		8
7	Bath Towel		3
8	Face Towel		3

S. No.	ITEMS	SPECIFICATIONS	NUMBERS
9	Bedsheets		4
10	Pillow Cases		4
11	Blanket/Razai	with cover	2/1
12	Sweater/jacket	2 long sleeved and one sleeveless	3
13	Handkerchief		6
14	Muffler or Scarf		1

Accessories

No expensive jewellery should be brought to school.

Long, fancy earrings and jewellery are permitted only on special occasions.

Make up, nail polish and other cosmetics are not allowed.

BOYS' CLOTHING

Class & Prep Wear

Classes 4-6

S. No.	ITEMS	SPECIFICATIONS	NUMBERS
1	Shirts	Cotton half-sleeved (No t-shirt material)	10
2	Shorts/ three fourths	Cotton /jeans (formal)	4
3	Trousers	Cotton/corduroy/jeans	6
4	Kurta and pyjama	White- 2 sets, coloured- 2 sets)	4

Classes 7 – 12

S. No.	ITEMS	SPECIFICATIONS	NUMBERS
1	Shirt/kurta	Cotton (include at least 2 white kurtas) (No hosiery material)	10
2	Trouser /pyjama	Cotton/corduroy/jeans	10

General (Classes 4-12)

S. No.	ITEMS	SPECIFICATIONS	NUMBERS
1	Night wear	Pyjama suits	4 sets
2	Weekend wear	Shorts / three fourths / t-shirts	2 sets
3	Special occasion	(Optional)	2 sets
4	Sweaters	Long sleeved-2, sleeveless – 1	3
5	Muffler or scarf		1
6	Vests		6
7	Underwear		10
8	Handkerchiefs		6
9	Bath towels		3
10	Face towels		3
11	Bed sheets		4
12	Pillowcase		3
13	Blanket / Razai		2/1

Games and Yoga Wear For Boys and Girls (Classes 4-12)

S. No.	ITEMS	SPECIFICATIONS	NUMBERS
1	Shorts	At least 2 white for tennis, other single coloured	5
2	T-Shirt	At least 3 white for tennis, other single coloured, plain mono coloured	5
3	Track suit	Cotton	1
4	Cricket tracks	(white)	2

Please ensure that extra items/ inappropriate clothing are not sent along with the students as these will be collected and sent back or otherwise disposed off by the school.

Hairstyle for boys should be simple and neat. No streaked/ coloured, long hair or fancy haircuts.

Other Articles for Boys and Girls	(Classes 4-12)
Shoes for games wear	- 2 pairs
Sandals for school wear or formal shoes	- 2 pairs
Rubber chappals (for hostel use only)	- 1 pair
Socks (3 pairs white + 3 pair colour)	- 6 sets
Back pack	- 1
Water bottle	- 1
Cap	- 1
Raincoat / umbrella	- 1
Comb	- 2
Tooth brush and paste	- 1
Soap with soap box	- 1
Plastic mug (for keeping toilet articles)	- 1
Steel tumbler / drinking mug	- 1
Torch	- 1
Locks (1 for trunk, 1 for the locker)	- 1
Suitcase (not larger than 26")	- 1*

CLOTHING ITEMS NOT PERMITTED

transparent clothes
 low necklines
 sleeveless clothes
 low rise bottoms
 tight, body hugging, stretchable clothes
 trousers/jeans that trail the ground.

* More than one trunk/suitcase will not be allowed due to shortage of storage facility.

Bharatanatyam Dance Wear

Dance students of class 4 to 8 need to wear cotton salwar-kameez with dupatta only. They are required to have 3 sets of this dress.

Dance students of class 9 and above have the option of wearing either salwar-kameez with dupatta or saree-blouse and salwar as inner wear. (Sarees will be provided in the school). It can be of any colour except black or white.

They should have at least 2 sets of the dress they choose, and at least one set of the other type.



Appendix B

Growing Up & Sex Education

As suggested by our counsellor, please watch with **your daughter,**

<https://www.youtube.com/watch?v=CwzoUnj0Cxc>

and with **your son,**

<https://www.youtube.com/watch?v=szSgwfbGzUc>

If you go through the internet, you will find many other options and probably in the language of your choice.

<https://www.arpan.org.in/wp-content/uploads/2018/07/FAQS-BOOK-ENGLISH.pdf>

To prepare yourself for sexual questions, go to the Tarshi website and purchase the Red Book and the Yellow Book.

<http://www.tarshi.net/index.asp?pid=9>

For a western source, you can try <https://amaze.org/>

Appendix C

Health Care

Immunisation:

The school suggests that all children be fully immunized as per the Government of India Immunisation Schedule. Children should be fully immunized as per age when they come to school.

All immunisations should be done at home during vacations.

https://nhm.gov.in/New_Updates_2018/NHM_Components/Immunization/report/National_Immunization_Schedule.pdf

Other resources

<https://www.cdc.gov/vaccines/schedules/index.html>

https://www.who.int/immunization/policy/immunization_tables/en/

Anti Rabies Vaccine and Anti Snake Venom:

The hospital has adequate quantities of these.

Medical Exam:

All children need to have been medically examined by a paediatrician or family doctor prior to coming to school.

This is best done during the summer vacations.

Medical Records/Prescription/Spectacles:

In case a child has fallen ill during the vacations it is mandatory for the parents to inform the school about the illness, investigations and treatment. Scanned copies of these documents should be sent by email to the School Office.

If a child has been put on long term medications – a copy of the prescription needs to be sent as above.

Supplements:

A number of parents send supplements of Vitamins, Calcium etc along with their children. These are to be informed, in writing, to the houseparent and the school doctor.

Please send a copy of the latest spectacle prescription as well as a spare pair of glasses along with your child.