

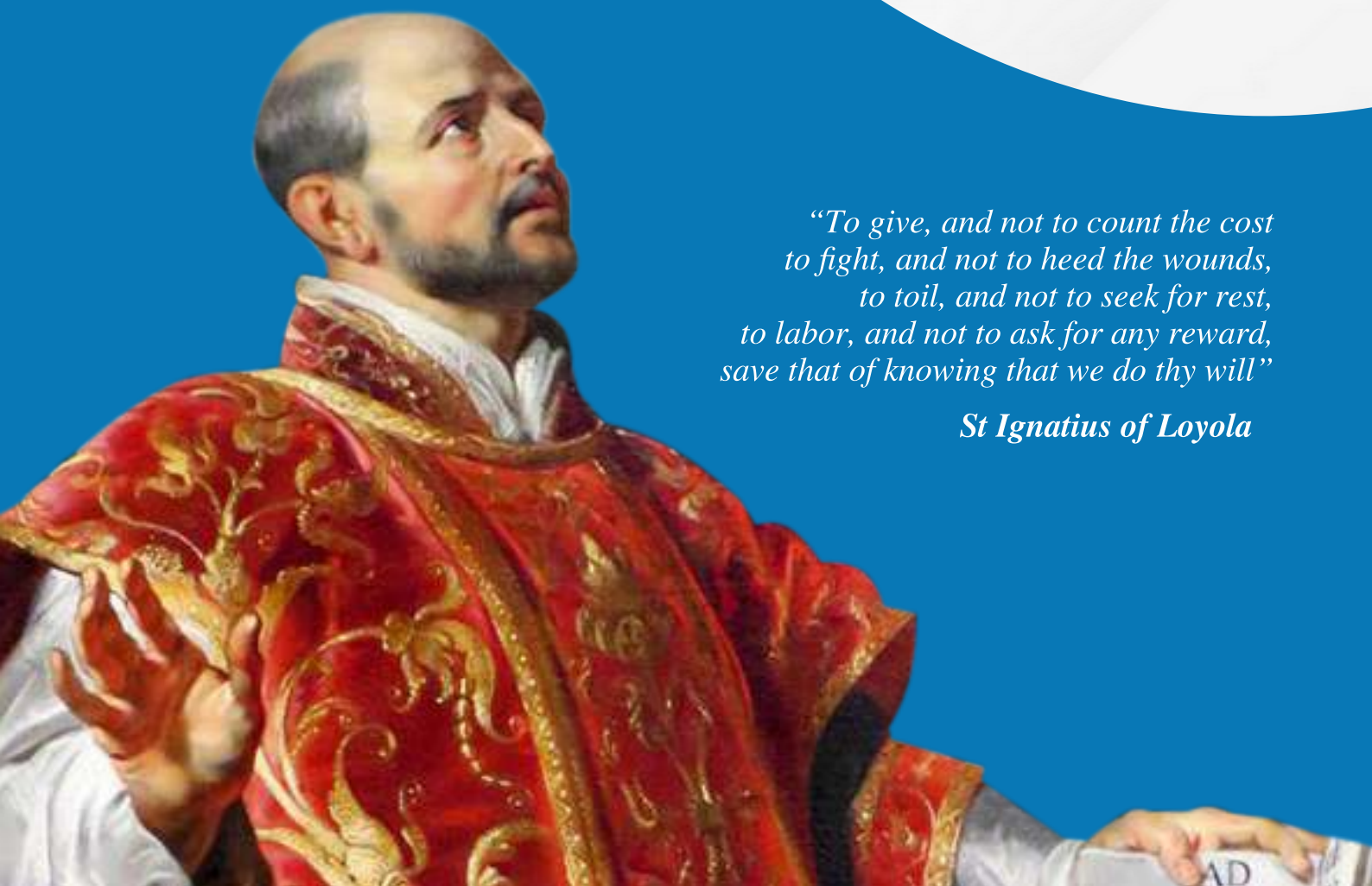


LA VOX

Monthly Newsletter



Ignatius



*“To give, and not to count the cost
to fight, and not to heed the wounds,
to toil, and not to seek for rest,
to labor, and not to ask for any reward,
save that of knowing that we do thy will”*

St Ignatius of Loyola

LOYOLA SCHOOL
KOZHIKODE



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Principal, Loyola School, Kozhikode.

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PRINCIPAL'S MESSAGE

Dear Parents and Students,

The month of June was filled with a flurry of events and engagements, setting the tone for an active and enriching academic year. As we moved into July, we consciously designed our programmes to nurture confidence and expression among our students—most visibly through the weekly **class assemblies**.

It was truly inspiring to watch students from **LKG to Class 10** speak confidently on thoughtful and relevant topics such as Digital Detox and Gen Z. Their ability to articulate ideas with clarity and conviction is a sign that our efforts in shaping young minds are bearing fruit.

Our students also continued to shine in various inter-school competitions, bringing home several prizes. A special mention must go to our **school football team**, who became **runners-up in the All Kerala Pre-Subroto Cup** and emerged as **champions in the Under-17 CISCE F Zone Championship**. Their spirit, teamwork, and discipline were truly commendable.

Currently, the campus is abuzz with energy and excitement as preparations for the **Loyola Fest** are in full swing. The joyful rhythm of dance practices and the harmony of musical rehearsals echo through our corridors. It's heartening to see our students participating with such enthusiasm, both in **on-stage and off-stage events**, celebrating their talents and sharpening them through healthy competition.

Another moment of pride this month was the formation of our **new school band**, featuring fresh faces and guided by a new bandmaster. Dressed in elegant white and blue uniforms, they put up a grand show on the 30th to welcome **Fr. Henry Pattarumadathil SJ**, the Provincial of the Kerala Jesuit Province. His visit added spiritual depth and warmth to our **Feast Day Celebrations**, where he engaged meaningfully with students during a special assembly.

As we step into August—a month that begins with the **vibrant Loyola Fest** and leads into the **First Terminal Examinations**—I urge every student to balance celebration with commitment. Your **God-given talents** are precious, but they must be nurtured alongside your academic responsibilities.

Remember, **each of us is gifted 24 hours a day**. What makes the difference is how wisely and sincerely we use that time. Let us be among those who choose to live each moment with purpose, discipline, and gratitude.

Let us continue to walk forward with joy, focus, and faith.

Warm regards,

Principal
Fr Roy Alex SJ

Beyond the Game:

Why sports are more important than ever



Aayush Govind P.M.
VIII A

In our increasingly digital world, sports remain a vital force in shaping individuals and uniting communities. Far more than mere games, they offer profound physical, mental, and social benefits.

BODY, MIND, AND COMMUNITY

Sports are crucial for physical health, combating sedentary lifestyles by promoting activity, strengthening our bodies, and improving overall well-being. Mentally, they are a powerful training ground, fostering discipline, resilience, and problem-solving skills. Athletes learn to set goals, manage pressure, and bounce back from setbacks.

Crucially, sports possess an extraordinary ability to unite people. Whether cheering for a national team or playing in a local league, they transcend divides—building shared identity and strong community bonds. Events like the Olympics or the FIFA World Cup bring nations together, fostering global understanding.

VALUES, GROWTH, AND INSPIRATION

Sports are an effective classroom for life skills and values. Participants practice fair play, respect, perseverance, and teamwork. For young people, involvement in sports often correlates with improved academic performance and enhanced social development, teaching leadership and the value of hard work.

Economically, the sports industry is a massive multi-billion-dollar enterprise, creating jobs worldwide. More importantly, it provides immense inspiration. Athletes, through their dedication and achievements—like Neymar Jr. in football or Muhammad Ali in boxing—become role models, demonstrating the heights of human potential and motivating countless individuals to pursue their dreams.

Learning Life from Wrinkled Hands



Dharmee V.
X A

We, the students of Class 10, had the meaningful opportunity to visit Mercy Home in Velimadukunne. It was my first time visiting an old age home. We started our journey from school at 10:30 a.m. and reached the home in about half an hour.

As I stepped through the gates of the old age home, I was greeted by a mixture of emotions—curiosity, apprehension, and a tinge of sadness. Since it was my first time visiting such a place, I wasn't sure what to expect. However, what awaited me inside was an eye-opening experience that left a lasting impression on me.

We were briefed about the routines and activities of the residents. As I interacted with them, I was struck by the wealth of wisdom and life experiences they possessed. Each wrinkled face held a story waiting to be told, and I found myself drawn to listening.

Many residents spoke of loneliness, of their longing for companionship and connection in the present, and of the deep yearning for family members who were too busy to visit.

This experience opened my eyes to the realities of aging and the importance of cherishing each moment we have with our loved ones. It was a humbling reminder of the fragility of life and the need to treat every individual with respect, kindness, and dignity.



THE IMPACT OF TECHNOLOGY ADDICTION ON STUDENTS



Nigel
VIII A

Technology is a major part of our lives today. We use various devices like phones, computers, and TVs every day. However, when we use them too much, it can become a problem known as technology addiction. Many students spend long hours playing games, watching videos, or using social media. They often stop studying, avoid outdoor play, and spend less time with their families. Some even stay up very late using phones or computers, resulting in poor sleep and fatigue.

Technology addiction not only affects physical health but also leads to stress and a lack of physical activity. It can make students feel sad, irritable, or angry. They may lose interest in hobbies or stop spending time with friends.

This addiction also affects academic performance. Students who are constantly on screens often struggle to concentrate on lessons or complete their homework.

While technology is a wonderful tool that helps us learn, connect with the world, and enjoy various activities, it must be used wisely. We need to balance our use of technology, because too much of anything is harmful.

The Art of Listening Well



Sreeyuktha
VIII A

Who is a good listener? Why should one be a good listener?
How can we become a good listener?

Being a good listener is crucial for effective communication, personal growth, and building strong relationships. If we want a deeper connection with our loved ones, we must listen to them with interest—paying attention to what they say, understanding their point of view, and showing empathy.

Being a good listener reduces misunderstandings, builds trust, enhances collaboration, and strengthens personal relationships. People value good listeners because when you listen well, you show that you value, respect, and care for the person speaking. Listening also helps us gain valuable insights and knowledge, and it improves our problem-solving skills.

Tips for Being a Good Listener

1. Pay attention to the person speaking and avoid distractions.
2. Ask questions to show your interest in the topic.
3. Avoid interrupting—this shows that you value their thoughts and opinions.
4. Reflect on what you have heard and think about how you can apply it in your life.
5. Show empathy and try to understand the speaker's perspective.

Being a good listener is a valuable skill that can have a positive impact on our lives. By taking the time to listen and understand, we can create meaningful connections.

So, be a good listener—to be valued by yourself and by others.

SWALLOWS TRAVEL TO AND FRO



Filza Mehrin
VIII B

Swallows travel to and fro.
And the greatest winds come and go,
And the steady breezes blow,
Bearing perfume, bearing love,
Breezes hasten, swallows fly,
Towered clouds forever fly,
And at every where you and I,
See the same sunshine above.

Dew and rain fall everywhere,
Harvests ripen, flowers and fair,
And the whole round earth is bare
To the moonshine and the sun,
And the live air, fanned with wings,
Bright with breeze and sunshine brings,
Into contact distant things,
And makes all the countries one.

Let us wander where we will,
Something kindred greets us still;
Something seen on vale or hill
Falls familiar on the heart,
So at scent or sound or sight,
Served souls by day and night
Tremble with the same delight
Tremble half the world apart.

Visiting Mercy Home....



"Golden Minutes: A Journey with Books"



We have launched a new programme at school called "Golden Minutes: A Journey with Books" — a dedicated 40-minute reading hour every Thursday. During this time, all students from Classes 1 to 10, along with their teachers and the Principal, pause their regular schedule to immerse themselves in the world of books. The entire campus reads together in a shared silence, filled with imagination, reflection, and ideas.



INFINITUM'25 A Battle of Brains!



On 15th July 2025, our school proudly hosted the **INFINITUM'25 Mathematical and Mental Ability Quiz Competition**, a thrilling intellectual event that brought out the best in logical reasoning, number sense, and critical thinking. This intellectually stimulating event was conducted in association with the NIT students of Kozhikode campus.

A total of 41 enthusiastic teams from various classes participated, making the competition a vibrant and spirited affair. The event was not only a test of knowledge but also a celebration of teamwork, focus, and intellectual curiosity. Our Principal, Rev. Fr. Roy Alex SJ in his address, appreciated the talent and determination shown by the students and encouraged everyone to keep nurturing their love for learning and problem-solving.

INFINITUM'25 truly proved to be a platform where minds met, competed, and grew together in the spirit of learning.



Ignatius Day *Celebration*

The Feast Day of St. Ignatius was joyfully celebrated on 30th July with a variety of colourful and meaningful programmes. Fr. Henry Pattarumadathil SJ, the Provincial of the Kerala Jesuit Province, was the chief guest for the day. He was accompanied by Fr. Deepak George Edattu SJ, the Socius to the Provincial.

The celebration was further graced by the presence of Fr. Pious Vachaparambil SJ, Manager both the institutions, Fr. Thadeyoos SJ, Headmaster of St. Joseph's Boys Higher Secondary School, Fr. Joseph Pulickal SJ, Fr. Mathew Aerthayil SJ and Fr. Philip Varkey Vattamala SJ from the Jesuit community.

The school band gave a grand welcome to Fr. Henry, and he unveiled the statue of St. Ignatius of Loyola and officially released the 25th edition of the school magazine, Loyvista-25.

The Loyola School Choir beautifully presented Ignatian-themed songs, setting a reflective tone for the day. Students showcased their talents through vibrant dance performances, drama, and other cultural programmes, making the celebration a memorable tribute to the spirit and legacy of St. Ignatius.

Feast Day Celebration for the Staff



The St. Joseph's Jesuit community organized a joyful Feast Day celebration for the staff of St. Joseph's Boys Higher Secondary School and Loyola School on 31st July. The programme began with lively interactive games, setting a warm and spirited tone. This was followed by the official segment, with Fr. Henry Pattarumadathil SJ as the chief guest, who engaged meaningfully with the staff.



The members of the staff then presented colourful and cultural performances, adding vibrancy and camaraderie to the occasion. It was a delightful and enriching time for all—a wonderful opportunity for the staff to come together, connect, and celebrate in fellowship.



Congratulations

Congratulations to **Team Loyola and Deepak Sir** on a resounding 3-0 victory in the **Under-17 CISCE F Zone Football Championship!** An emphatic win that reflects your hard work, teamwork, and determination. We are proud of you all!



Congratulations to **Nadhaan Manoj** of IX A for winning the **Gold Medal** in the CISCE F-Zone Karate Championship (Under-17, 55–60 kg category)!

Your dedication and fighting spirit have brought glory to our school. We are truly proud of your achievement!



Congratulations to **Aidit Biswas** of IX A for winning the **Gold Medal** in the Under-17 (Under-50 kg) category at the CISCE F-Zone Karate Championship!

Your hard work, discipline, and determination have truly paid off. We are proud of your outstanding achievement!





Rashhan C. P, Class 7 A
Gold Medalist –
CISCE F Zone Boxing Championship
Category: Under-14
(34–36 kg weight class)

We are proud of
your outstanding
achievement in the
boxing ring!
Keep shining and
aiming higher!



Congratulations to Anna George, Nakshatra Resinth, and Husna Syed for securing the Third Prize in the Under-14 Girls Carrom category at the CISCE Kerala Regional Tournament.



EHAN MOHAMMED RIZWAN
U14 BOYS 600M RUNNING
FIRST PRIZE
U14 BOYS 400M RUNNING
SECOND PRIZE



AASHISH ABRAHAM
U17 BOYS SHOTPUT **FRIST PRIZE**



Anna George
CISCE Fzonal Carroms
(Single) Under 14 girls **1st price**



MEHDI IZAN
U14 BOYS INDIVIDUAL CHAPION



ALAN DEV GOPI
U17 BOYS 100 M RUNNING
SECOND
U17 BOYS LONG JUMP
THIRD PRIZE



EHAN MOHAMMED RIZWAN
U14 BOYS 600M RUNNING **FRIST PRIZE**
U14 BOYS 400M RUNNING
SECOND PRIZE

Darsh T, VIII B
CISCE Kerala F Zone Taekwondo
Championship Winner
Under 14 Boys 29 Kg - 32 Kg
Gold Medal



MEHDI IZAN
U14 100 M RUNNING **SECOND PRIZE**
U14 400 M RUNNING **FIRST PRIZE**



AIKA MARYM
U17 GIRLS SHOT PUT **FIRST PRIZE**
U17 GIRLS DISCUSS THROW **THIRD PRIZE**

Anchored in Values, Rising with Vision

A transformative training experience at Trivandrum



Gayatri Vidyalkar

I had the enriching opportunity to attend a three-day teacher training programme titled "Rooted to Rise – Empowering New Teachers", organized by the Jesuit Education Association (JEA) Kerala at Trivandrum. The programme brought together educators from Jesuit institutions across the state, all bound by a shared purpose, to grow as compassionate educators rooted in values, and to rise as visionary leaders.

The training was an inspiring blend of reflection, collaboration, and personal development. Each session invited us to delve deep into the Jesuit vision of education, which focuses on holistic formation, empathy, and social responsibility. Through thoughtful discussions and hands-on activities, we revisited the core Ignatian values—faith, excellence, service, and justice—recognizing their significance in shaping not just students, but ourselves as educators.

A key highlight of the training was the emphasis on personal transformation as a foundation for professional excellence. We engaged in meaningful dialogues, explored our teaching philosophies, and reflected on our roles beyond the classroom. Sessions on classroom management, student engagement, and cultivating a growth mind set offered practical strategies—especially vital for those of us beginning our journey in the field of education.

What made the experience truly special was the sense of community that emerged over the three days. Teachers from different backgrounds came together, sharing stories, challenges, and aspirations. There was a genuine spirit of support and camaraderie, making us feel not just trained—but truly empowered.

As I returned from Trivandrum, I felt a renewed sense of purpose, clarity, and commitment. The training has deepened my belief that teaching is more than a profession—it is a calling grounded in love, responsibility, and the desire to shape a better world.

I extend my heartfelt gratitude to JEA Kerala for this transformative opportunity. It has planted seeds of inspiration that will continue to grow as I walk the path of an educator—anchored in values, rising with vision.

