



WEEKEND DORM ACTIVITY: THE MOVIE, "SOUND OF FREEDOM"

- CORNELL CHAPMAN (BOYS DORM PARENT)

Last weekend, the dorm organized a special movie screening of the film **"Sound of Freedom."** The movie delves into the sensitive and harrowing subject of child trafficking, shedding light on the brutal reality faced by countless children worldwide. As the children watched the film, their perspective and perception underwent a profound transformation.

"Sound of Freedom" follows the true story of **Tim Ballard**, a former Homeland Security agent who founded Operation Underground Railroad (OUR), a nonprofit organization dedicated to rescuing victims of child trafficking. Through powerful storytelling and gripping visuals, the movie exposes the dark underworld of human trafficking, revealing the exploitation and suffering endured by innocent children.

For the children in the dorm, watching **"Sound of Freedom"** was an eye-opening experience. Many were unaware of the extent of the problem or the horrors faced by trafficked children. The movie sparked important conversations about empathy, social justice, and the importance of taking action against such atrocities.

As the credits rolled, the atmosphere in the dorm was solemn yet hopeful. The children expressed a newfound determination to make a difference and stand up against injustice. Some shared their thoughts and emotions, vowing to support organizations like OUR or raise awareness in their communities.

Overall, **"Sound of Freedom"** left a lasting impact on the children, challenging their perceptions and inspiring them to become agents of change in the fight against child trafficking. It served as a powerful reminder of the resilience and strength of the human spirit, even in the face of unimaginable adversity.





GIRLS DORMS CHECK IN

-REKHA JAYKAR (GIRLS DORM PARENT)

This past weekend, Corvuss American Academy was abuzz with the spirit of adventure and camaraderie as we celebrated the joy of cycling. With the sun shining and the breeze in our favor, students came together for an unforgettable weekend of cycling activities designed for every level of rider.

Our picturesque campus and surrounding areas turned into a cyclist's haven. The excitement was palpable as participants of all ages geared up with smiles wide, ready to embrace the day's adventures.

The sense of achievement as students transitioned from wobbly starts to confident pedaling was a highlight of the day.

Saturday afternoon The laughter and chatter that filled the air were a testament to the community spirit that defines Corvuss. This event wasn't just about cycling; it was an opportunity for students to bond and create lasting memories.

As we reflect on a successful weekend of cycling, we are reminded of the simple joys that come from exploring the outdoors, challenging ourselves, and coming together as a community. The smiling faces, shared laughter, and collective sense of achievement speak volumes about the positive impact such activities have on the well-being of our students.



CAREER COUNSELOR'S CORNER: EMPOWERING OUR YOUNG ATHLETES TOWARD BRIGHT FUTURES

- LATOIYA PASCUA

Last week marked an invigorating chapter in our journey with our dedicated student-athletes in grades 8 and 9. Embracing the spirit of growth and exploration, we embarked on a series of one-on-one counseling sessions designed to delve deep into their aspirations, goals, and the paths they envision for their futures.

Our young athletes, known for their discipline and perseverance on the field, brought those same qualities into our conversations. Each session was a unique opportunity to listen, guide, and inspire, as we discussed not only the immediate steps in their academic and athletic endeavors but also the broader horizons of their future aspirations.

The conversations were rich and varied, reflecting the diverse interests and ambitions of our students. They shared their dreams with enthusiasm and clarity, demonstrating an impressive level of introspection and forward-thinking.

From aspirations of becoming professional athletes to combining their sporting talents with careers in business, medicine, engineering, and the arts, their goals highlighted a commendable balance between passion for sport and academic ambition.

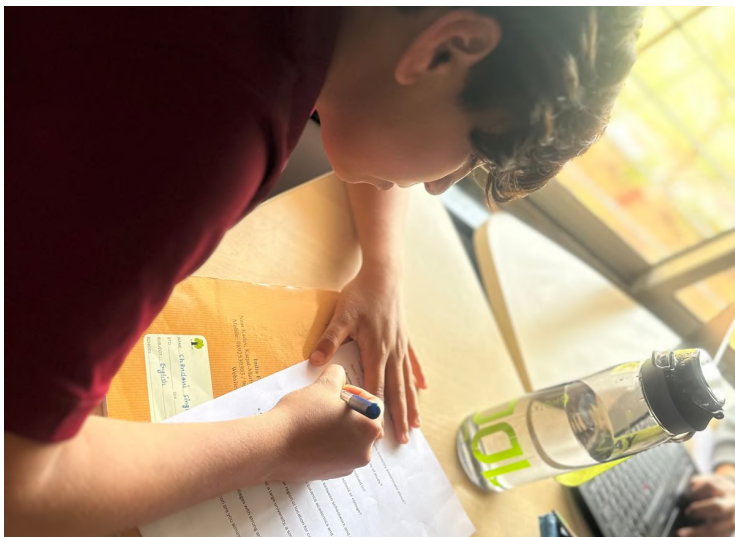
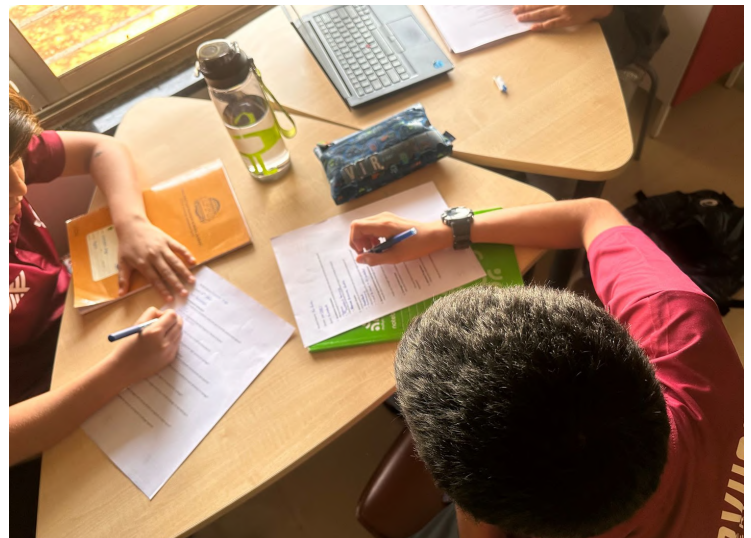
What stood out was not just the diversity of their aspirations but the depth of their understanding of the challenges and opportunities ahead. They spoke of the importance of education, resilience, and hard work, acknowledging the role of each in achieving success. Their responses were thoughtful and articulate, underscoring their readiness to take on the challenges of high school and beyond.

As we move forward, our role in supporting these young athletes is clearer than ever. We are committed to providing them with the resources, guidance, and encouragement they need to explore their passions, refine their goals, and work toward their dreams. Our one-on-one sessions are just the beginning of a continuous dialogue aimed at empowering our students to reach their full potential, both in their athletic pursuits and their academic careers.

In closing, I am filled with pride and optimism for what the future holds for our student-athletes. Their aspirations are a testament to their potential, and with the continued support of our school community, there is no limit to what they can achieve. Let us all commit to being part of their journey, cheering them on every step of the way.

Warm regards,

Career Counselor



DEAN OF STUDENTS

-JEFFERY M. LOVE

Dear Raven Community,

As we reach the midpoint of the academic year, I want to take a moment to update you on a few important matters regarding our school community.

I am pleased to inform you that our students have been actively engaging in various extracurricular activities, showcasing their talents and dedication outside of the classroom. From academic clubs to sports teams, our students continue to demonstrate a strong commitment to personal growth and excellence.

It is crucial to address the importance of maintaining a safe and respectful environment within our school. We have been reinforcing our school's code of conduct, emphasizing the values of kindness, inclusivity, and mutual respect among peers. We are proud of the positive interactions we witness daily and encourage ongoing conversations about fostering a supportive community.

Lastly, I want to highlight the upcoming academic planning sessions that will guide students in making informed decisions about their course selections for the next school year. Our dedicated guidance counselors will be available to provide support and guidance as students navigate their academic pathways.

As always, please remember that as the Dean of Students, I am here to support both students and families in overseeing student life, services, and activities both on and off campus. Should you have any questions or concerns, please do not hesitate to reach out.

Thank you for your continued partnership in ensuring the success and well-being of our students.



FROM THE SPORTS NUTRITION DEPARTMENT

-SAKSHI MALVANKAR (NUTRITIONIST)

Greetings, Corvuss American Academy Families,

As we approach the end of this semester, the Sports Nutrition Department at Corvuss American Academy is pleased to provide you with insights into our recent activities and upcoming plans to support the health and performance of our student athletes.

Firstly, we'd like to keep you informed about the menu we've curated for our students. Our aim is to offer balanced and nutritious meals that fuel their bodies for optimal performance both on and off the field. Please take a moment to review the attached menu to stay in the loop about what your child is consuming at school.

With spring break approaching next week, many of our students will be returning home. It's essential to maintain a holistic approach to nutrition even outside of school grounds. We recommend incorporating a variety of fruits, vegetables, lean proteins, and whole grains into their diets while at home. Encouraging hydration with water and electrolyte-rich beverages, and prioritizing rest and recovery are equally important during this break to ensure our student athletes return rejuvenated and ready to tackle their athletic endeavors.

Reflecting on the accomplishments of this semester, we've made significant strides in enhancing the nutritional foundation of our student athletes. We've focused on increasing the availability of complex carbohydrates and diversifying breakfast options to sustain energy levels throughout the day. Additionally, we've conducted baseline nutrition and health assessments, along with anthropometric assessments and body composition analyses for each student. These assessments provide valuable insights into individual needs and allow us to tailor nutrition plans to optimize performance and overall well-being. The knowledge gained from these assessments will empower our student athletes to make informed dietary choices not only during their time at Corvuss American Academy but also in their future athletic pursuits.

As we look ahead to the remainder of the semester and beyond, the Sports Nutrition Department remains committed to supporting the health and success of our student athletes. We appreciate your ongoing support and collaboration in prioritizing the importance of nutrition in athletic development.

Best regards,

Sakshi Malvankar

Sports Nutritionist

CORVUSS MENU-13 TO 15 MARCH

CORVUSS MENU

Day	Wednesday	Thursday	Friday
Date	13/03/2024	14/03/2024	15/03/2024
	5.45 AM : PRE-TRAINING QUICK BREAKFAST (FOR STUDENT ATHETES)		
Fruit	Banana		
Nuts(10g)	BADAM	CHESEL NUT	CASHEW
	8.30 TO 9.30 AM : POST TRAINING BREAKFAST		
IndianBreakfast	Aloo Paratha/Curd	Green Peas Poha	Idli/Sambur/chutney
Eggitem	Egg Burji	Masala Omlette	Boiled Egg
Bread	Multi Grain Bread	Brown Bread	Brown Bread
Flakes	Corn Flakes	Muesli	Corn Flakes
Spread	Butter/Peanut Butter/Honey/Jam	Butter/Peanut Butter/Honey/Jam	Butter/Peanut Butter/Honey/Jam
Beverages	Hot & Cold Milk	Hot & Cold Milk	Hot&ColdMilk
Fruits	Cut Papaya	Cut Orange	Cut Water Melon
	12.30 AM to 01.00 PM LUNCH		
	SALADCOUNTER	SALADCOUNTER	SALADCOUNTER
Salad	Stick Salad	Green Salad	Mixed stick salad
Lettuce	Lettuce Ice burg	Lollo Rosso	Lettuce Ice burg
Non-veg Preparation	Chicken Masala	Palak Chicken	Chicken Banjara
Veg preparation	Mix Veg Dry	Aloo Jeera	Paneer Masala
Dal item	Dal Tadka	Panchmela Dal	Tadkewali Dal
Rice item	Steamed Rice	Steamed Rice	Jeera Rice
Roti	Chapati	Chapati	Chapati
Curd Preparation			Butter Milk
	03.00 to 3.30 PM EVENING SNACKS (For students-to be served in		
	Chana Chat	Veg Cutlet	Veg Toast Sandwich
	Bread & Peanut Butter		
	06.00 to 8.00 PM DINNER		
Salad	Green Salad	Mix Cube Salad	Green Salad
MAINCOURSE	Chicken Handy	Chicken Moglai	Chicken Dopyaza
Veg	Aloo Gobi	Veg Kolhapuri Dry	Mix Veg Dry
Dal item	Dal Fry	Tadkewali Dal	Dal Triveni
Riceitem	Jeera Rice	Steamed Rice	Steamed Rice
Roti	Chapati	Chapati	Chapati
Dessert			
Bedtime	Warm Milk		
NOTE	MENU ITEMS CAN BE CHANGED IN CASE OF NON AVAILABILITY OF THE VEGETABLES/INGREDIANTS OR NON SUPPLY OF ALSO THERE COULD BE SOME CHANGES AS THE SEASONAL AVAILABILITY FROM THE LOCAL MARKET		

CORVUSS MENU-16 TO 18 MAR

CORVUSS MENU

Day	Saturday	Sunday	Monday
Date	16/03/2024	17/03/2024	18/03/2024
	No early morning breakfast		5.45AM:PRE-TRAININGQUICKBREAKFAST(For Student Athletes)
Fruit			Banana
Nuts(10g)			MIX DRY FRUITS
	9.00 AM TO 10 AM (Sat & Sun)		8.30 AM TO 9.30 AM :POST TRAINING BREAKFAST
IndianBreakfast	Tomato Omlette	Green Peas Poha	Uttappa/sambar/chutney
Eggitem	Egg Burji	Scrambled Egg	Egg Burji
Bread	Multigrain Bread	Brown Bread	Multigrain Bread
Flakes	Muesli	Corn Flakes	Muesli
Spread	Butter/Peanut Butter/Honey/Jam	Butter/Peanut Butter/Honey/Jam	Butter/Peanut Butter/Honey/Jam
Beverages	Hot&ColdMilk	Hot&ColdMilk	Hot&ColdMilk
Fruits	Cut Musk Melon	Cut Papaya	Cut Water Melon
	1.00 PM TO 02.00 PM LUNCH (Sat & Sun)		12.30 AM to 01.00 PM LUNCH (Mon to Fri)
	SALADCOUNTER	SALADCOUNTER	SALADCOUNTER
Salad	Stick Salad	Green Salad	Green Salad
Lettuce	Baby Spinach Leaves	Lollo Rosso	Baby Spinach Leaves
Non-veg Preparation	Methi Chicken	Chicken Biryani	Butter Chicken
Veg preparation	Veg Dewani Handi	Veg Biryani	Paneer Burji
Dal item	Dal Fry		Panchmela Dal
Riceitem	Steamed Rice		Jeera Rice
Roti	Chapati	Roasted Papad	Chapati
CurdPreparation		VegRaita	Butter Milk
	03.00 to 3.30 PM EVENING SNACKS (For students-to be served in academic)		
			Baked Samosa
	Bread & Peanut + Butter		
	06.00 to 8.00 PM DINNER		
Salad	Cube Salad	Mix Stick Salad	Green Salad
MAINCOURSE	Chicken Kheema	Chicken Hyderabadi	Chicken Masala
Veg	Matki Masala	Paneer Masala	Veg Kolhapuri
Dal item	Farsan	Dal Tadka	Tadkewali Dal
Riceitem	Veg Dal Khichdi	Jeera Rice	Steamed Rice
Roti		Chapati	Chapati
Dessert	Sago Kheer		Coconut Laddu
Bedtime	Warm Milk		
NOTE	MENU ITEMS CAN BE CHANGED IN CASE OF NON AVAILABILITY OF THE VEGETABLES/INGREDIENTS OR NON SUPPLY OF THE SAME ALSO THERE COULD BE SOME CHANGES AS THE SEASONAL AVAILABILITY FROM THE LOCAL MARKET		

CORVUSS MENU-19 TO 22 MAR NOON

CORVUSS MENU

Day	Tuesday	Wednesday	Thursday	Friday
Date	19/03/2024	20/03/2024	21/03/2024	22/03/2024
	5.45 AM : PRE-TRAINING QUICK BREAKFAST (FOR STUDENT ATHETES)			
Fruit	Banana			
Nuts(10g)	BADAM	Mixed Dry Nuts	CASHEW	BADAM
	8.30 TO 9.30 AM : POST TRAINING BREAKFAST			
IndianBreakfast	Green Peas Poha	Aloo Paratha/Curd	Tomato Omlette	Idli/Sambur/chutney
Eggitem	Boiled Egg	Masala Omlette	Boiled Egg	Egg Burji
Bread	Brown Bread	Brown Bread	Multigrain Bread	Brown Bread
Flakes	Corn Flakes	Corn Flakes	Muesli	Corn Flakes
Spread	Butter/Peanut Butter/Honey/Jam	Butter/Peanut Butter/Honey/Jam	Butter/Peanut Butter/Honey/Jam	Butter/Peanut Butter/Honey/Jam
Beverages	Hot & Cold Milk	Hot & Cold Milk	Hot&ColdMilk	Hot&ColdMilk
Fruits	Cut Papaya	Cut Musk Melon	Cut Water-Melon	Cut Papaya
	12.30 AM to 01.00 PM LUNCH			
	SALADCOUNTER	SALADCOUNTER	SALADCOUNTER	SALADCOUNTER
Salad	Mix cube Salad	Green Salad	Stick Salad	Green Salad
Lettuce	Lettuce Ice burg	Lollo Rosso	Baby Spinach Leaves	Lettuce Ice burg
Non-veg Preparation	Chicken Pasta	Coconut Chicken	Butter Chicken	Chicken Moglai
Veg preparation	Veg Pasta	Veg Bhuna Dry	Paneer Masala	Aloo Jeera Dry
Dal item	Red & White Sauce	Dal Makhani	Tadkewali Dal	Panchmela Dal
Rice item	Dal Khichdi	Steamed Rice	Steamed Rice	Jeera Rice
Roti		Chapati	Chapati	Chapati
Curd Preparation		Butter Milk		Butter Milk
	03.00 to 3.30 PM EVENING SNACKS (For students-to be served in academic building)			
	Chana Chat	Veg Cutlet	Banana Smoothy	
	Bread & Peanut Butter			
	06.00 to 8.00 PM DINNER			
Salad	Stick Salad	Green Salad	Stick Salad	
MAINCOURSE	Chicken Handi	Chicken Banjara	Chicken Pasta	
Veg	Veg Dewani Handi	Mixed Veg Dry	Veg Pasta	
Dal item	Dal Fry	Dal Tadka	White & Red Sauce	
Riceitem	Jeera Rice	Jeera Rice	Veg Khichdi	
Roti	Chapati	Chapati		
Dessert				
Bedtime	Warm Milk			
NOTE	MENU ITEMS CAN BE CHANGED IN CASE OF NON AVAILABILITY OF THE VEGETABLES/INGREDIENTS OR NON SUPPLY OF THE SAME ALSO THERE COULD BE SOME CHANGES AS THE SEASONAL AVAILABILITY FROM THE LOCAL MARKET			

