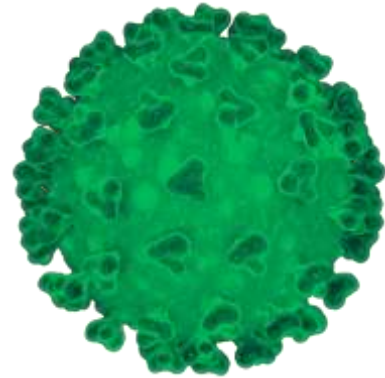


MESSAGE FROM PRINCIPAL
MS. ANINDITA HOME CHOUDHURY
TO
ANXIOUS PARENTS AND
WORRIED CHILDREN



COVID-19

COVID-19 is an infectious disease caused by the recently found virus known as SARS-CoV-2 (or coronavirus). Before the outbreak originated in Wuhan, China on December 2019, there was no information about this virus



PROTECTING YOURSELF AND PREVENTING THE SPREAD OF THE DISEASE



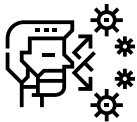
Wash your hands with an alcohol-based sanitizer or with soap and water



Keep a distance of at least 1 meter between yourself and anyone who coughs



Try your best not to touch your eyes, your nose and your mouth



Cover your mouth and your nose with your bent elbow or a tissue when coughing



Seek medical attention if you have difficulty breathing and a high fever



Follow the directions of your national or local health authorities

Dear Children

Its your time to discover, explore, think, play, read, write, act.....engage yourself in meaningful, creative activities

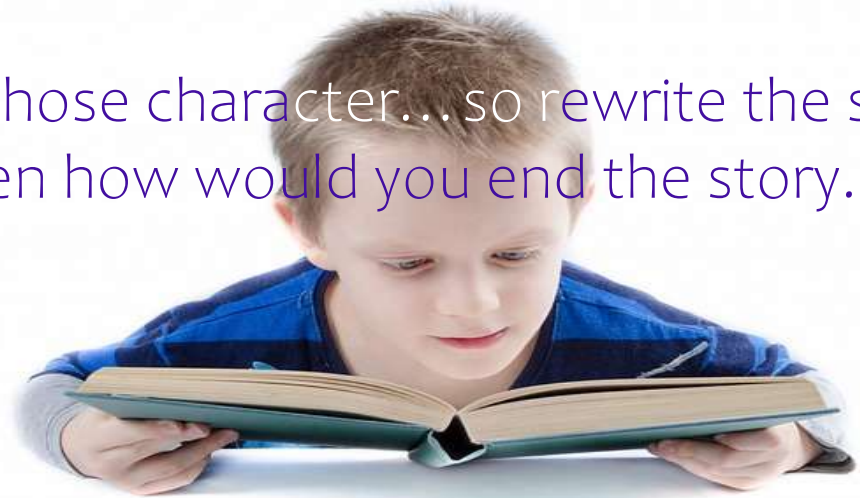


Some ideas for you to follow:



Read

- ✓ Read story books.
- ✓ Extrapolate the story.
- ✓ Think that you are one of those character...so rewrite the story.
- ✓ If you were the author, then how would you end the story.
- ✓ Do a character sketch.



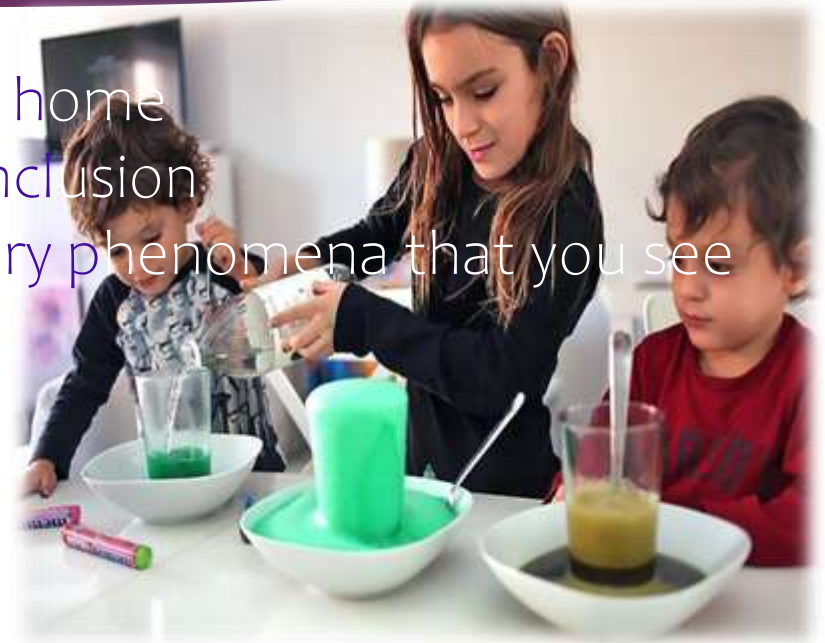
Let creativity be active

- ✓ Paint your world – the way you would love to see
- ✓ Be creative...best out of waste



Hands on activity

- ✓ Perform simple experiments at home
- ✓ Write your observation and conclusion
- ✓ Try to find out how, why of every phenomena that you see around



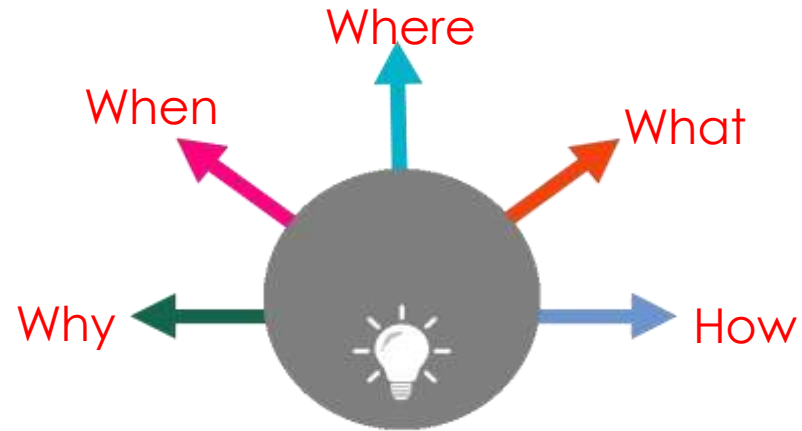
Let home work be your class work

- ✓ Walk into the kitchen-chemistry laboratory
- ✓ Help your mother
- ✓ Cook some non-fire dishes
- ✓ Observe the reactions taking place- learn to estimate, calculate, classify
- ✓ Let family work as a TEAM to complete the household chores



Enjoy being at home

- ✓ Make your bed, arrange the dining table, help your parents
- ✓ Understand the technology behind working of household items like washing machine, refrigerator, mixer cum grinder, bulb etc.



Nature study

- ✓ Gardening... a wonderful way to observe life unfolding
- ✓ Plant a sapling and observe how it grows
- ✓ Identify trees / plants in your garden- take help from parents or internet
- ✓ Prepare a herbarium sheet

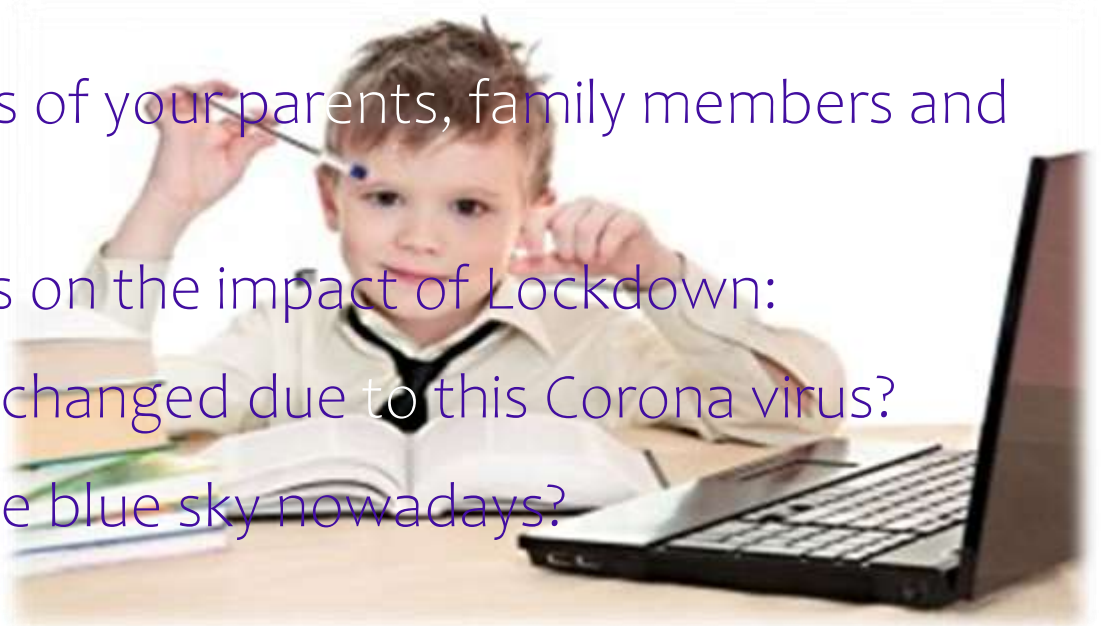


Observe

- ✓ Observe the night sky
- ✓ Identify the constellations
- ✓ Observe how nocturnal animals behave
- ✓ What is the colour of the flowers that bloom at night?

Research

- ✓ Various occupations of your parents, family members and relatives
- ✓ Estimate your views on the impact of Lockdown:
- ✓ How has the world changed due to this Corona virus?
- ✓ Why can you see the blue sky nowadays?



Write in your words...

- Lessons learnt from this Stay at Home order
- Do a project on Indian Art, culture, cuisines of different states of India and relate with geographical features
- Compare dance forms, music , cuisines of world with your country
- Make comic/ cartoon strips
- Be a playwright
- Compose a song, write its lyrics, set the tune, share with your friends, sing together and upload in YouTube for all of us to enjoy



Photoshoot

- Even , you can post your own video on meaningful themes
- Be a short filmmaker- shoot and upload
- Do you love to click photos ?
- This is your time- the beautiful nature, inanimate objects lying around, anything that can be interesting even at home can be clicked and stored
- You can share it now or even later in our exhibitions
- You have your class magazine, school magazine, school display boards, websites and different other platforms to display your creativity.....so just immerse in it, enjoy the free 'me' time you have got and utilize it



Learn...

- To play a new game maybe chess, carom
- To play a new instrument
- To dance
- To sing
- To paint
- To recite
- To speak
- Toanything that you love to do



STAY FIT

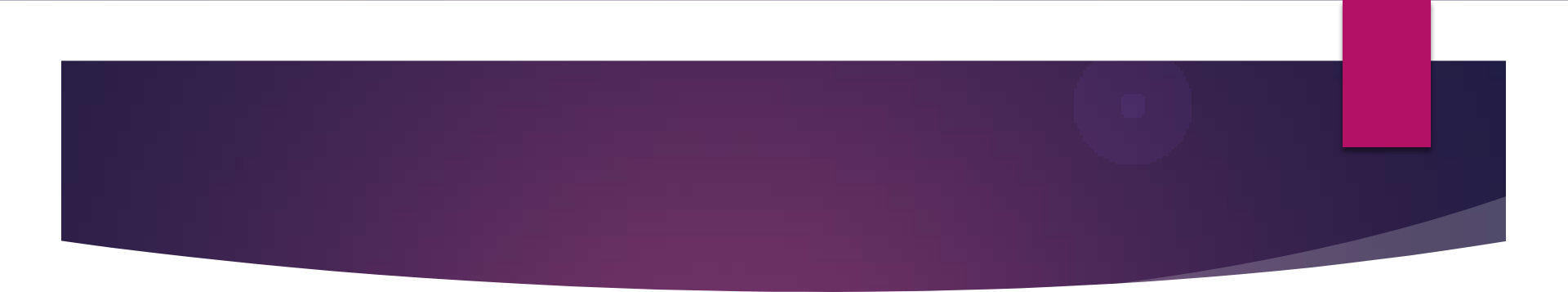
- Yoga
- Rope skipping
- Meditation
- Sit-ups
- Jogging
- Aerobic exercises

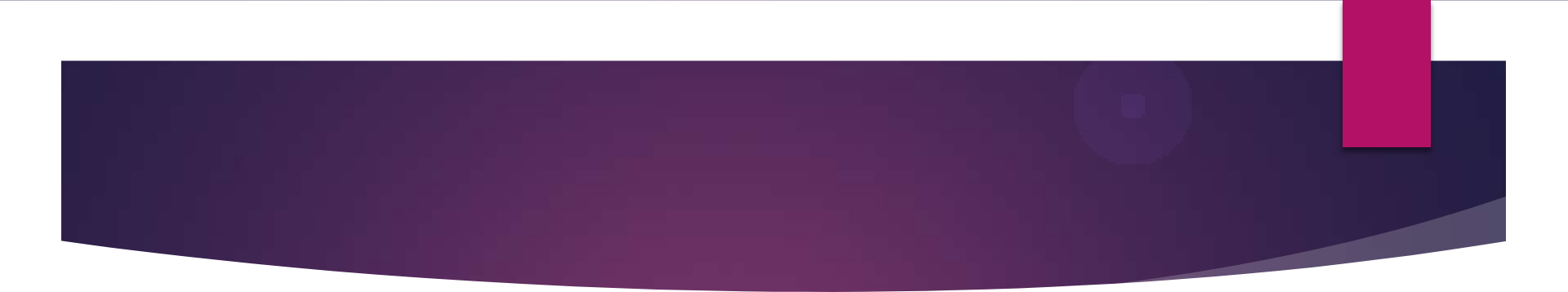




Parents be teachers at home

Rediscover bonds and relation

- 
- ✓ Be a partner to the child's activities
 - ✓ Be patient....children will be restless, may throw tantrums- delicately handle them
 - ✓ Set a flexible schedule of different activities but don't be too rigid
 - ✓ Enjoy with your children
 - ✓ Teach the children the basic life skills

- 
- ✓ Read with them
 - ✓ Share with them your childhood stories
 - ✓ Grandparents can be a library for your children
 - ✓ Life's learning has no syllabi
 - ✓ Teach them to appreciate little things in their life



Rest assured, we will take care of school syllabi, tests, examinations.

Do not panic....we are there with you and for our students.

Regularly check school website for any updates.

Let us be TOGETHER

Pray for your safety, good health
and vibrant life in a cleaner,
greener and healthier world.

