

Dear Parents

We hope that this message finds you and your family well. These are the most challenging and unusual times for our world.

We recognize how challenging the past few months have been for our students. But today we write to recognize how equally challenging it has been for their parents and families. We know that our students have needed your support more than ever. All of us are managing these circumstances in the best way that we can.

While we stay at home to tide the difficult times with our children, it can also pose challenges in ensuring that they have the right environment for completing their academic work. Thus we wanted to take a moment today to thank you for working with us to support our student. We also know that they will continue to need our support, to flourish during and after this terrible pandemic.

- We would like to give you a few updates as we continue with our new academic session. The school will reopen on the **6th of July 2020**, for the students and the online/remote learning module will continue with a few changes for the benefit of all stakeholders. Our format of classes continues to be meetings on the Google Meet and work posted on Google classroom.
- Different activities have been incorporated to change the pace and style of learning especially during these times so that students have an even greater experience of school and are able to connect with each other more deeply.
- Unit Tests have been planned and the schedule has been uploaded on the website. We request you to check the website regularly for updates. A word of caution here – all children are adapting differently to the new means of learning. Please do not put pressure on them to perform and add to their anxieties, especially now when they have so much to worry about and no outlet for the same. Let assessment be just another part of the learning process.
- Our calendar will be put up month-wise and the calendar for July will be uploaded shortly.
- Orientation for the Junior and Middle School will be organised and the details will be shared with you closer to the dates.
- For the Senior School, the orientation will be planned after we receive the guidance from CBSE.
- **Kindly note that there will be no exams held for grade 6. There will be some changes to the exam format for other classes as well and we will keep you informed of the same.**
- We are looking at the modalities of Open Houses and will apprise you of it once it has been finalised.
- We are constantly assessing the situation. Whatever our decisions, we will need to be flexible as the situation evolves and will need your support as we move ahead.

We are sharing with you a few guidelines to help children make the best use of online classes.

- ✓ Success, in this case, begins with routines. Routines create the structure children need to excel. Keeping your child's waking up, meal and bedtimes the same while in-person classes and schools are closed, will provide a sense of stability and comfort for them. It will also help them transition back into normal routines more seamlessly when they return to school.

- ✓ A structure for the day that has been planned well will benefit the students and also instil discipline which is most essential, especially now when the line between school and home has disappeared.
- ✓ Proper rest and nourishment is extremely important. We exhort you to emphasise the need for waking up on time, bathing and being attired in appropriate (preferably the School uniform) clothes to attend classes. All these contribute to the positive attitude and learning environment, help concentrate well and recall information better.
- ✓ While children may appreciate sleeping later than they are able to on school days, it benefits them to get up at a reasonable time and stick to their usual schedule.
- ✓ Setting up an effective home workspace for your child is crucial. Designating a specific space for at-home learning will help put your child in a focused mindset and lead to higher productivity over time. While full-time remote learning may be temporary for your child, the workspace you create would make an ideal after-school study space. When you are able, fill the space with age appropriate supplies (pencils, paper, calculator, etc), a comfortable chair, adequate stationery, an erasable writing board and a lamp.
- ✓ With older, motivated children, involvement can be as minimal as asking them to share three things they learned that day and asking if there are any updates from the school or teacher.
- ✓ If your child doesn't do as well left on their own just yet, check in with them 3-4 times a day. Ask them to recap each lesson and how they know if they mastered the concepts. Have them show you each of their courses in the Google Classroom and their assignments for that day.
- ✓ If you have younger children, set up their workspace near where you plan to be located most of the day or at least somewhere you frequent. Even with live classes, consider staying nearby in case they need extra help. Check out what resources the teachers have provided. After a class concludes or they finish working on assigned work that takes the place of class, ask them one thing they learned and one thing they are still confused about. Make sure they know "nothing" is not an acceptable answer choice.
- ✓ Try to keep breaks similar to the ones they have at school or at least remain consistent.
- ✓ We urge that students continue to maintain the net etiquette and also follow an honour code to maximise their true learning experience.
- ✓ Do stress the importance of being kind and patient with other students or even with technology when there are snags.
- ✓ Help them maintain a balance between online and offline activities. For many, more time at home will mean spending even more time than usual online. Do talk to them about being conscious of how long they spend online each day and encourage them to take regular screen breaks to stretch and take the eyes off the screen. Also, make sure that laptops and phones are switched off at least an hour before they go to bed. It's also important to limit the amount of news that is read and heard about the virus. Keeping oneself informed and updated, do ensure that they do not follow the news all day, every day.

Counsellors are available both for the students as well as parents and you are welcome to get in touch with them for any issues that may come up or in case you wish to seek guidance for any matter. You may write to:

Junior School Counsellor - Ms.Mamta Praveen mamtapraveen@sanskritischool.edu.in

Middle School Counsellor - Ms.Nayandeep Kaur nayandeepkaur@sanskritischool.edu.in

Senior School Counsellors -

Ms.Sana Kapur sanakapur@sanskritischool.edu.in

Ms.Apranta Somayaji aprantasomayaji@sanskritischool.edu.in

Ms.Anupama Dhawan head of the counselling department :
anupamadhawan@sanskritischool.edu.in

Education doesn't stop with workbooks and online learning systems. Let's help them build skills for life. They may be simple and essential ones like cooking and nutrition, financial literacy or even being mindful- a very essential life skill which helps maintain focus, cope with stress, and regulate emotions. The ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us which is more pertinent now than ever before.

In the meantime, please know that we are deeply grateful for what you are doing to sustain your child through this time. We count on you for continued support and co-operation, which you have unfailingly provided us with. We have complete faith that we shall get through these trouble times with each other's support and we wish you a safe and healthy journey through the coming months.

With warmest regards and gratitude