



Parent Orientation 2021-22

Prep to Class 2



**“TEACHING KIDS TO
COUNT IS FINE, BUT
TEACHING THEM WHAT
COUNTS IS BEST.”**

BOB TALBERT

Vision Statement



To create happy, thinking
and feeling **Sanskritians**
who will be change
makers.



It is our endeavour to equip our students with the right attitude and aptitude to face any challenges.

Our teachers

Junior School In-charge: Suruchi Lal

Co-ordinator Inclusive Education: Ambita Verdi



Class II

Section A: **Sonia Sahny (Rep)**, Anjali Madaan

Section B: Vinti Bawa, Sheba Dhesi

Section C: Alka Jha, Yashu Anand

Section D: Sushma Kapoor, Radhika Rattan

Section E: Shalini Tandon, Charu Vij

Section F: Ritu Kumar, Chetna Bhatia

Special Educator: Simi Joshi

The email id of each teacher is :

full name of teacher(no gaps +all small font)[@sanskritischool.edu.in](mailto:sanskritischool.edu.in)

Our teachers



Class 1

Section A: Jyoti Chawla, Gaganpreet Anand

Section B: Geet Sardana, Parul Jain

Section C: Alka Zutshi, Rasna Bajwa

Section D: **Aarti Monga (Rep)**, Sonya Kumar

Section E: Shilpa Jaisingh, Supriya Malhan

Special Educator: Vidushi Aggarwal

Class Prep

Section A: **Danish Arora (Rep)**, Jatinder Kaur

Section B: Nikita Yadav, Anupama Jadhav

Section C: Sona Sachdev, Sukanya Mukherjee

Section D: Sraboni Kumar, Preeti Rajput

Section E: Pooja Khanna, Ashita B. Chhabra

Special Educator: Simi Joshi

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Time to learn ...and time to play



- CTIP period starts at 8.00 am
- There will be a break between periods to ease screen fatigue. Though the teachers would be present in the meet at these times, we have kept it unstructured.
- Children should be encouraged to use this time to take a walk in the garden, play with their pet, eat a fruit, use the washroom, water the plants and drink water themselves.
- If they feel the need to interact with their friends, they will be allowed to do so during the break.
- Different activities have been incorporated into our daily timetable.

Guidelines to follow

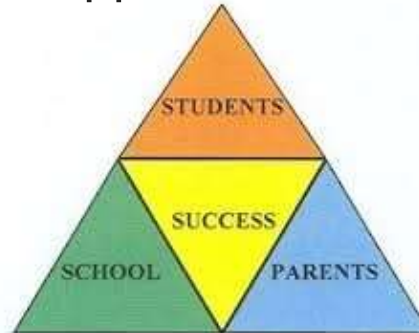


- **Punctuality is essential** – Students must join their online classes **on time at 7.55 a.m.**
- Children should be encouraged to follow a regular study routine.
- To keep abreast with the class and be more responsible, it is imperative to teach them the importance of revising their work. Please go through their notebooks with them and help them complete their work.
- As our children are still young they should be supervised at all times while attending the classes.
- Girls should wear cycling shorts/tights on PE and dance days.

Parent support



- We thank you dear parents, for working with us to support our student. We acknowledge how equally challenging it has been for you, as parents and families too.
- We understand that screen fatigue has set in our students and that they need our support more than ever.





Keep a consistent sleep schedule

- Get up at the same time every day, even on weekends or during vacations.
- Waking up usually has to be at a fixed time, hence going to sleep is at your choosing.
- Set a bedtime that is early enough for you to get at least 7 hours of sleep.



Strictly NO 'screens' in bed

- Turn off electronic devices at least 30 minutes before bedtime.
- And don't keep those smartphones plugged in near your bed.
- Activate the Do Not Disturb feature, at a fixed time every night automatically

Exercise regularly – get at least 30 minutes of vigorous activity on most if not all days.



Establish a relaxing bedtime routine

- Make your bedroom quiet and relaxing.
- Keep the room at a comfortable, cool temperature.
- Keep the room as dark as possible.





- Parents are requested to inform the class teacher in case their child is unwell and is likely to be absent from class. If ever your child is unable to join classes, kindly inform the class teacher by writing an email
- Do check the **school website** regularly





CHANGE IN ADDRESS:

- Parents are required to inform the school authorities/class teacher if there is any change of address and telephone numbers (Important in case of emergency and we need to contact the parents)
- Parent/student profile should be updated on the school website regularly.



NOTE!
ADDRESS CHANGE



Stay Home
Take Care