

Dear Parents and Guardians,

INTRODUCING ASSISI FITNESS CHALLENGE 2020

Since March 2020, the spread of Covid – 19 has affected normal life in all walks of life, but in the field of education, the closing down of schools has a direct impact upon the quality of life of children. At an age when they should be lively and active both physically and mentally, they are instead being confined to the limits of their own houses with little or no physical exercise or social interaction on the one hand and on the other hand are inevitably exposed to increased hours of screen time. We are all naturally concerned about the negative impact of this upon the holistic development of our children, physically, mentally and psychologically. Let us be resilient enough to find out and implement strategies that could support our children to overcome these challenges.

Assisi School has always given utmost stress on the physical well – being of students and so the Physical Education Department has planned a special and innovative physical fitness challenge. In the present situation, however, we require the crucial support of every parent in this endeavour of ours to ensure that all your wards remain fit and healthy physically. A healthy mind can exist only in a healthy body. So if you want your child to face the challenges of virtual education well, then you must also ensure that he or she is physically fit. Hence, we are introducing the “**Assisi Fitness Challenge 2020**” to help your child build up fitness abilities and stamina over the next few months.

We expect every child to participate in this challenge under the involvement and supervision of parents.

Please refer to the accompanying notice for the details regarding the fitness challenge. The activities are planned for **Classes 1 – 12** keeping both **Fitness and Recreation** in mind. The competitions will be held on a **class-wise basis** by the end of September. Demo videos for each class are being posted in the physical Education Google Classroom. Please go through carefully and motivate your child to start practicing immediately. It is mandatory to take part in at least one event.

Further details on how to register your ward for the competition will be given later.

Wishing you good health and safe days ahead,

Regards,

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