

Dear Parents,

- A simple, consistent, and predictable **daily home routine** which adds a **powerful rhythm** to your ward's "school@home" days.

We are in the fourth week of online lessons at Assisi and it is time for us to introspect and reflect on the following points. Students are used to the routine and structure of the school. To support their ongoing classroom learning, they must have a **consistent routine for the day**. Let the students practise the daily routine of waking up on time, reading Holy Scriptures, saying daily prayers, do a simple exercise and have nutritious food. Create **a balance between** online classroom learning with time for reading books and exploring the outdoors. **Reduce the screen time** of the students by avoiding the use of devices outside learning. Let them be prepared for things which are not planned and be flexible, which **increases the Adaptability Quotient** (AQ). The AQ is the most sought after skill these days and it is the **new success Mantra**. We have to prepare our students for the same.

- The exercise videos and optional activities, **videos will be uploaded** in the class teacher's classroom.

**Exercise should be incorporated** into the daily schedule of the students. They can practise with the **exercise videos uploaded** in the "Class teacher's Classroom" under "Classwork – Material - Exercise". The International Yoga day falls on 21, June, so we will start with the **video on Yoga lesson**. The Yoga lesson has been created by our Yoga instructor Ms. Sobha G. Menon. You can practise the same on Monday. In the successive days the videos of Music, Dance, Aerobics, Karate etc., will be uploaded on the "Class teacher's Classroom". The students can practise their respective optional **strictly under parent supervision**.

- Parents should **strictly monitor that consistent study** is happening at home.

The students should have a **systematic study time** with regular intervals in between. The student should sit for studies in a quiet place without distraction and disturbances. During the study time, let them learn from the topics uploaded under “**Classwork – Material**” of the respective subject classroom. Learn according to each **day’s timetable**. During the online classes, they can clear their doubts. The last 10 minutes of each day’s class will be set apart for **clearing the doubts**. The parents should strictly monitor that students are learning their daily portions, completing the notes and assignments on a time bound basis. There will be frequent online assessments to know the progress of the students.

- The lessons recorded using **Interactive Intelligent Display Units** to be uploaded in the respective subject classroom.

Monsoon season has set in over Kerala and you may find frequent network issues during online lessons. The school management has foreseen this situation and has purchased **6 Interactive Intelligent Display Units** from Senses Board to be exclusively used in online teaching. The teachers are given training by the senses board trainers. They are having hands-on experience in working with the same. They will start recording the lessons using these panels from the next week. The **recorded lessons will be uploaded** under “**classwork- materials**” in the **respective subject classroom**.

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