

### Dear Student,

Congratulations on your being promoted to the next class. You must be quite energetic and enthusiastic about your new class.

Discipline ensures focus and this is exactly what you should strive for; now that you have reached the senior wing of the school. Also ensure your participation in different Co-curricular activities as they are very important to infuse life-skills in you which are very important for your holistic development.

It is required to pay attention to your studies, games & sports and other activities which are helpful for you and keep the momentum alive throughout the year. You will witness a miracle and be introduced to your new and real self by the end of the year.

So, stay timed and keep it up!

# GENERAL INSTRUCTIONS, NOTES TO STUDENTS & PARENTS / GUARDIAN

The School requests the kind co-operation of the Parents / Guardian so as to ensure that qualitative education and discipline is instilled in the child. Towards this objective, it is important that both the School and the Parents / Guardian have to work in close co-operation.

Remarks of the Teacher in the Hand Book and Home Assignment book be regularly checked and signed by the parent. Your cooperation is very essential for the performance of the pupil.

- If you observe that your child is unable to follow the lessons, the Principal should be consulted. Private tuitions are discouraged. In case your child needs coaching, remedial classes will be conducted by the School beyond School hours by subject teachers concerned.
- Attendance is compulsory at all School functions.
- The School provides a host of Extra-curricular and Co-Curricular Activities to the Students. We would request the parents to encourage their children to avail of these facilities in the best interest of the child.
- No student will be allowed to appear for any terminal examination unless all School dues have been cleared before the respective examination.
- Without the written request from the parents / guardian and permission from the Principal, the student will not be allowed to leave the School during the School hours.
- It is compulsory for the parents to attend the PTM to assess their child's progress and performance.
- The School attaches a high degree of importance to discipline so that the children imbibe in them the right habits and moral values. The School does not tolerate any kind of indiscipline and would from time to time apprise the parents in case of any breach. Parents are requested to co-operate in the best interest of the Children so that they are properly molded.

- The School is very particular about the standard of uniform and the observance of hygiene. The School therefore requests the parents to ensure that their children are provided with adequate pairs of uniform and the same are properly washed and ironed. Shoes should be properly polished and socks should have adequate elastic to hold up. Students must wear the School badge, belt and Identity card of School. Parents must also pay due attention to the hair, nails and other aspects which health and hygiene demand. The School will report any violations to this aspect to the parents and parents are requested to co-operate and take remedial measures.
- The students leaving the School during the year will have to pay the full fees of that term.
- If a Transfer Certificate is required, an application should reach the School office one week in advance. Applications for Transfer Certificate at the end of the academic year must be received by 07th of February. In case of late request the first term fees for the next academic year will be collected.
- A record of address and telephone & Mobile Phone numbers of parents / guardian is maintained in the School office. Any change in the address should be communicated to the School office immediately. The School has a system of sending SMS messages to parents in case of an urgent / emergency situation. It is therefore all the more important that the mobile phone numbers are properly recorded. In case of inclement weather conditions, please listen to the TV / Radio news for Government orders on declaring a holiday.
- Parents / Guardian should not visit the classroom or meet the teachers during the class hours. Opinions and suggestions are welcome and will be looked into and replied.
- In case of an emergency the parents may approach the Principal during the School working hours.

#### We would therefore request the Parents / Guardian to adhere to the following:

- Any type of fast food is not allowed to carry to school.
- The child is regular and punctual to School.
- The child is neatly and smartly dressed.
- The health and hygiene of the child is taken care of.
- The child is encouraged to take part in Extra and Co-Curricular Activities in the School.
- Read the Hand Book carefully and make a note of the important things in it.
- It is compulsory for the children to speak in English within the School premises.
- See that your child aims at full attendance and punctuality.
- Irregular attendance, neglect of home assignment, disobedience and disrespect towards elders and members of the staff or bad moral influence, justify disciplinary action.
- Parents are requested to take proper attention towards their children to keep them away from Facebook, Whatsapp any violation in this regard will not be tolerated.
- Mobiles are prohibited in the premises. Defaulters will be strictly dealt with.

#### The School Hand Book is to be brought daily and signed when required with special reference to :-

- Leave Record.
- Inter School Competition.
- Teacher's Note to Parents.
- Exam/ Test time Table and Portions for the same
- We would request the Parents to see that the students keep their Text / Note books neatly and carry only the books required as per time table.
- Parents are requested to see that the students do their Home Work regularly. •Parents are requested to complete the Identity Certificate and return the same to the School within one week of the School re-opening.
- The Health Record will be forwarded to you immediately on re-opening of School. Kindly complete the relevant column of the Health Record and return the same to the School within a week.
- It is forbidden to write or scribble on the walls, throw paper or ink inside about the classroom, or damage the School property. Damage done must be paid and made good.
- Wearing of jewellery and flowers on School uniform is not permitted.
- Please pay the School fees on time.

NOTES TO STUDENTS

- The Hand Book is a link between the parents and the school.
- This must be brought to school daily by the pupil. All remarks must be shown to your parents and signed by them.
- Read the Hand Book carefully and make a note of the important things in it. Dress neatly and wear clean clothes.
- Wish every teacher.
- Maintain silence in absence of the teacher.
- Wish the teacher when he/she enters or leaves the classroom.
- Keep your class room and School neat and clean. Make use of the waste paper basket or dustbin. Do not
  interrupt when teachers are conversing. Talk softly in classrooms and corridors. Be polite while speaking to
  teachers. Use "Please" while requesting and "Thank you" while receiving. Answering in chorus will not be
  encouraged.
- It is compulsory to speak in English within the School campus.
- Use of bad language, unruly behaviour and bad manners are strictly forbidden.
- Aim at full attendance and unfailing punctuality.
- Never waste time. Time is precious. Use it well.
- Take part in games and extra-curricular activities. It will keep your mind refreshed.
- Work hard and do your best in studies and sports.
- Your parents, your teachers and the Nation are expecting a lot from you.
- Pupil themselves are responsible for their own books, pencils, tiffin carriers or any other article they may bring to School.
- It is forbidden to write or scribble on the walls, throw paper or ink about the classroom or damage the School property. Damage done must be paid and made good.
- No jewellery or flowers are to be worn on School Uniform.

## Summer health tips for students

- Drink plenty of liquids: Drink more water and fruit juices to stay hydrated
- Avoid caffeinated drinks: Tea, coffee and soda may dehydrate you quickly during summer season. Try to avoid such beverages in summer if possible. Plain or flavored water is a good substitute to these drinks
- Wear loose clothes: Avoid wearing tight clothes during summer season and opt for loose and light colored clothes. Dark colors attract more heat, so avoid tight fitted clothes
- Sun block: Apply a sunscreen lotion always to your skin while moving out in the sun
- Stay indoors during peak hours: In extreme heat and humidity, evaporation process slows down and body has to work more to stay at normal temperature. Try to stay indoors in such weather conditions
- Air conditioning: Air conditioning is must for seniors as their body can't handle much heat. If you don't have air conditioner at home, use cooler or fan
- Avoid outdoor heat: If you have an urgent piece of work and have to move outdoors then don't drive the car, call a taxi or any transportation service. Use public transports instead of riding a motor cycle
- Know the signs of heat stroke: Consult a doctor if you feel like flushed face, high body temperature, nausea, rapid pulse and dizziness
- Keep the inside temperature of home cool: Inside temperature of your home should not exceed 85 degrees Fahrenheit. Use air conditioner to regulate the temperature

Take proper precautions whether you are inside or outside of your home in summers. You should be aware of how the body reacts to heat and humidity. You should take proper care to avoid heat stroke and sun stroke during summers. Follow the above summer health tips for kids and seniors to stay cool and hydrated during hot summer season.

| UNIT TEST MAY-2019      |          |        |  |  |
|-------------------------|----------|--------|--|--|
| Date                    | Subject  | Time   | Syllabus   |  |
| 21.05.2019<br>Tuesday   | SST      | 40 MIN | Geo. – 2 Physical Features of India,<br>His. – 2 The Russian Revolution : Socialism in Europe<br>Civ. – 3 Constitutional Design, Eco- The Story of village<br>Palampur   |  |
| 22.05.2019<br>Wednesday | MATHS    | 45 MIN | Linear equation in two variables<br>Euclid's Geometry, Lines & Angles,   |  |
| 23.05.2019<br>Thursday  | SCI      | 40 MIN | Physics –Force & law motion, Chemistry – Is matter around us pure<br>(Half), Biology – Cell (complete); Plant Tissue   |  |
| 24.05.2019<br>Friday    | ENG      | 40 MIN | <b>Beehive</b> :- 2- The Sound of Music, 3. The Little Girl.<br><b>Moments</b> - Iswaran the Story- teller, <b>Poem</b> - 2. Wind<br>3. Rain on the Roof, <b>Grammar.</b> Determiners, Parts of Speech<br>(Preposition and Conjunction-In extended form), Sentence Re-ordering |  |
| 25.05.2019<br>Saturday  | HINDI    | 40 MIN | दो बैलो की कथा, ल्हासा की और, साँवलों सपनो की याद, समास ,<br>अलंकार  |  |
| 27.05.2019              | IT/Music | 40 MIN |  |  |

### • 20.05.19

NTSE – Minor Test- II

| DATE | DAY       | EVENTS  |
|------|-----------|---|
| 3    | FRIDAY    | PRESS FREEDOM DAY JAM SESSION (IX,XI)   |
| 6    | MONDAY    | ISA ACTIVITY: DRAFTING ADVERTISEMENT ON ORGANIC FARMING (IX,XI)                                   |
| 8    | WEDNESDAY | INTRA CLASS SPELL BEE   |
| 9    | THURSDAY  | MEDITATION: AN INTRODUCTION & SESSION   |
| 10   | FRIDAY    | A TEENAGER'S LETTER OF GRATITUDE TO HIS/ HER MOTHER (IX,XI),INTER RPS KABBADI – DHARUHERA (IX,XI) |
| 14   | TUESDAY   | ISA ACTIVITY: PPT (ORGANIC FARMING) (IX, XI)  |
| 16   | THURSDAY  | POSTER MAKING & SLOGAN WRITING 'TOBACCO KILLS' (IX, XI)   |
| 17   | FRIDAY    | AN INTERACTIVE SESSION WITH THE PRINCIPAL   |
| 18   | SATURDAY  | PLANT CONSERVATION DAY/ BUDDHA PURNIMA PLANTATION (CLASSWISE)                                     |
| 25   | SATURDAY  | INVESTITURE CEREMONY  |
| 29   | SATURDAY  | INTRA HOUSE TUG OF WAR (IX, XI)   |
|      |           |   |

Activities of the Month

IMPORTANT DAYS OF THE MONTH

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|      |           | <u>MAY - 2019</u>           |  |
|------|-----------|-----------------------------|--|
| DATE | DAY       | DAYS                        |  |
| 1    | WEDNESDAY | LABOUR DAY                  |  |
| 3    | FRIDAY    | INTER.PRESS INDEPENDENT DAY |  |
| 7    | TUESDAY   | PARSHURAM JAYANTI /         |  |
|      | TUESDAT   | INTERNATIONAL ASTHMA DAY    |  |
| 8    | WEDNESDAY | INTERNATIONAL RED-CROSS DAY |  |
| 12   | SUNDAY    | MOTHER DAY                  |  |
| 13   | MONDAY    | NATIONAL HARMONY DAY        |  |
| 14   | TUESDAY   | ANTI-TERRORIST DAY          |  |
| 15   | WEDNESDAY | ANTI-TOBACCO DAY            |  |
| 18   | SATURDAY  | BUDH PURNIMA                |  |

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|---------------|--------------------------|
| -:            | Parent Teacher Meeting:- |
|               | May 11, 2019(Saturday)   |
| -             | Time: 09:00 AM to 12:00  |
|               | )                        |
|               |                          |
|               |                          |
|               |                          |

PRINCIPAL