



St. JAMES ACADEMY - CBSE

Affiliated to Central Board of Secondary Education, New Delhi

Affiliation No. : 1931106

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CIRCULAR FOR PARENTS

Introduction:

Date : 08.07.2020...

Many countries including India have been facing the challenges created due to outbreak of corona virus, which is now called as COVID-19. Virus infection is very common in human being. But whenever, there is a new type of virus, it takes time for the scientists to understand its growth process in the human body for developing appropriate vaccine and treatment procedures. Covid-19 is very new for the scientists and very contagious. However, continuous researches and experiments are going on to bring out vaccine for this virus. Till we get the vaccine, social distancing is the only viable method to keep this infection away from individual, family and the whole community.

This is why, we have been asked to stay at our homes. Social movement is highly restricted. Since this is a different experience for all of us, many of us are not able to deal with this situation.

Children sitting at home away from their teacher and friends may also feel anxiety and stress. It is well known that uncertainty provokes anxiety and fear of the unknown causes stress. In the present situation amongst children there is not only anxiety and fear due to the virus, but also due to the sudden stoppage of any kind of social interaction (as well as the accompanied uncertainty of when everything will be back to normalcy)- with their friends (classmates, playmates in the neighbourhood ect.), teachers and even elders (grandparents) at home. Their daily schedule of going to school and other activities have been stopped raising many questions in their mind.

STRATEGIES TO REDUCE STRESS AND ANXIETY FOR PARENTS

As parents, we wish the best for our children and we want them to grow up to be healthy, confident and be able to cope with difficult times. It may not be so easy yet we need to keep our patience and sanity high at all times. Parents may find it more challenging now when everyone reels under the threat of the pandemic of covid-19. Therefore, it is important to pay attention to help children keep healthy, motivated and responsible.

- 1) First of all, parents /guardians need to keep in view that the time is running very fast. This phase of time will also pass like a storm and we will get peaceful, healthy and positive environment once again.
- 2) Parents/guardians may be concerned about children missing school and their studies, however, they, on the other hand, might be struggling with the fear of falling sick or even losing their loved ones. Therefore, it is important to keep a watch on children "moods / behaviour like excessive crying, worry, sadness, body ache, poor sleep or eating habits. children will require continuous support, love and reassurance about their own safety and that of their loved ones.
- 3) Parents need to make children feel safe and wanted by giving them the feeling that they can share anything and everything with them - their happiness as well as their concerns /worries.
- 4) It is particularly important for parents to stay calm especially when the children are anxious. Pay attention to their feelings and give them space to share their fears. If any, ensure that there is adequate time for sitting together and talking freely at different times, for example while sleeping, dinner, playing or working together.

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Date :

- 5) Parents also need to encourage and guide their children to plan their daily schedule for studies, play, sleep, health hygiene, etc, and facilities them in following it.
- 6) It is important in the parent times to use only positive reinforcements without any criticism or punishment i.e. recognize and praise even small accomplishments and efforts made by children. This not only develops confidence and self-esteem but will lead to the formation of good habits and better performance in different tasks.
- 7) Along with maintain the daily schedule parents also need to maintain some amount of flexibility, for example, giving extra time of children wish to play or sleep more or they want to read the storybook only on some days. Many things can be planned-writing, reading, story-telling, art and craft, Indoor sports, games, puzzles etc... Their subject wise studies and activities may also be included in a mannerso that children will have good time without compromising with their learning.
8. Parents are a role model for children. Therefore, prior to expecting them to be disciplined, empathetic, healthy and hygienic it is important for parents to parents to practice such things. Parents must manage their stress by getting good sleep, exercise, and eating well, connecting with friends and family members and helping their children nurture this bond too.
- 9. Spending fun time with parents and other family members**
- (i) It is important that children spend time with parents and other family members in playing and having fun, such as playing indoor games like carom, ludo, chess, watching TV together, play antakshari, dance, read stories together, solve puzzles and crosswords, prepare riddles etc.
- (ii) Children can also organize 'show time' for family by preparing some activity (may be song, dance, play or magic show) and invite family members to come together at a given time for the show they can showcase their performance. Along with elders in the family children can also hold quiz competition.
10. Sharing feelings and emotions with parents and others family members
- We know everybody in the family are on TV are talking about this crisis. Children too are concerned about it which is making them anxious. Children must be encouraged to talk of their feelings with their parents and other elders/family members. Feel free to share their views on this issue, discuss with parents and elders and develop own idea of keeping oneself safe inside the house. Children can also think and undertake different strategies to spread awareness and keep family members alert.

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18.03.2021

Praise the Lord

St. James Academy – CBSE, Tiruchirappalli

JKG to Class VIII

Open Day Circular

Dear Parents,

Warm greetings from St. James Academy

- Parent – Teacher Meet will be held on 25/03/2021 (Thursday) 26/03/2021 (Friday) from 09.30 am to 12.00 noon.
- All the parents are expected to attend the Parent – Teacher Meet and submit your wards **ANNUAL EXAM ANSWER SCRIPTS** to the class teachers without fail.
- Parents are requested to wear the mask and use sanitizers before entering the school.
- Maintaining the social distancing is compulsory in the school premises.
- Wash your hands frequently.

❖ ***A word of Thanks:***

Our sincere thanks to the parents for your solidarity with the management to execute all the new projects and your support for the online classes. Hoping your fullest co-operation in the new academic year too.



**Stay Safe
God Bless You**

Josephine
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Class IX

Open Day Circular

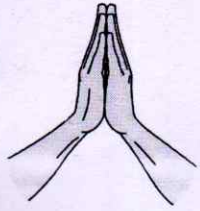
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