

From the Desk of Senior School Headmistress

GUIDANCE PAPER FOR PARENTS **(CLASSES : VI-X)**

Dear Parents,

The Corona virus pushed schools all over the world to go Online. Undeterred by the pandemic, the school took on challenges to ensure the continuity of teaching learning process. Teachers adopted innovative tools to reach out to the children and left no stone unturned to learn technical nuances of Online teaching.

Role of Parents

- Unlike earlier, parents now have an active role in the daily rigmarole of their kid's education. Parental guidance in digital learning, clear distinction between productive and unproductive screen time are crucial to ensure success of online learning. It's time to give children the values of digital citizenship- Responsibility, respect, compassion, resilience & integrating and creating positive digital footprints.
- Parents are advised to monitor their ward's internet activities to avoid misuse of technology.
- Some students do not pay attention to the class proceedings as they are unresponsive most of the time. They usually log in and then go incognito. In order to have a fruitful interactive session in class, the mic and camera of the device should be in working condition.
- The child should be given conducive environment during the classes.
- Many students are seen wearing night suits for their warm up sessions. Parents need to look after their decent turnout in online classes.
- Students often forget their G suite password and face problem logging in for their online classes. Parents need to guide them to become responsible netizens.
- Students are advised not to make WhatsApp group video calls to the teachers at odd hours.

Adhering to Schedule

Try to begin the day early. Students should get up and dress up just like when school is in session. Parents can ensure that their kid/s go to bed at a decent time so that they get eight hours of sleep. It has been observed that the students do not attend morning assembly and warm up sessions. Kindly ensure that your ward logs in at 8 am sharp. Evening classes are equally important for the overall development of the students.

Eye Exercises

Eyes are sturdy and can take all kinds of radiations. Size of the screen matters, laptop and computer at some length are more suitable against a tablet or mobile held close to the eye.

Make sure your child is staying active and taking intermittent breaks from the studies.

After every 10 minutes, one must practice shutting the eyes for 10 seconds. The students should also blink their eyes in between their screen time.

Writing Practice

In a traditional school day, the physical presence of teacher prompts the child to do the assignments but in the virtual world, they may forget or ignore the assignments. Help your kid stay close to the schedule of completing assignments and continue with their writing practice.

Social Connect

Social connections are a vital part of childhood and adolescent development. Encourage your ward to stay connected with his friends via skype or video chat.

Exercise Patience

We are living in an unprecedented time and virtual education is not the status quo. Be patient. We all are adjusting to the new normal.

We are proud of Bal Bharati Parivar who rose to this challenge with unity and will power to overcome the obstacles.

We look forward to your continued support to make this journey fruitful.

Amita Ganoo
Headmistress (Senior Wing)

Distribution

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