

Principal's Message

**Date: 28.03.2020**

Dear all,

Greetings!

It is that part of the year when we all look forward to a new start, promotions and routines. Sadly, this time we are confined to our homes. But the good part is that we are still connected. Being at home is not all that difficult although I agree it can get stressful. We are all struggling with our new routines and full-time relations, on the lighter side. But trust me, this time can be utilised in a great way.

Old is comfortable, New is challenging but then new will become old too. We have been shaken from our couches and made to think and things differently. A lot of creativity is at play. We are aggressively thinking about how to keep the learning alive. And while we do that, let's remember a few things...

- We need to go slow with kids. For them its holiday time because of a virus Corona and no understanding of the situation beyond as of now, especially the young ones. As far as possible keep them away from negative inputs and discussions. They are young and cannot process news as we elder can. Do not pass on your anxiety and fear to them. They do not even understand the implications. Keep it simple for them. Repeat the most important instructions only. It will help them remember.
- Do real things. Do not try to recreate the classroom at home. School is a laboratory where certain kinds of real things happen. It is set up in a very particular way with very particular participants designed for particular outcomes. It is unique, special, rather lovely when done well and perhaps impossible to replicate. The home laboratory is something entirely unique and special and rather lovely in its own right – and impossible to replicate anywhere else. Different kinds of real things are done at home. Value and appreciate the opportunity to be home and do some real things.
- Certainly, home provides an opportunity to build on the school experience – and there are thousands of websites and ideas out there for doing so - but now is a special time where family experiences can be valued and appreciated in an entirely expansive and beautiful way.

There is no need or call to rush anywhere, well there is enough time ...

While we prepare ourselves and get back to you in a couple of days with full learning modules and activities to engage children at home, we can do a few things together with our children that will go a long way in making them responsible and happy now and in future too!

★Learn to clean and tidy

Some practical life activities to learn and do: Make your beds, wash and fold laundry, (A child can easily learn to operate a washing machine) dust and mop, if possible, wash and clean the vehicle, learn to grow plants, clean cupboards, etc.

★Learn the art to cook

Plan menus for meals, learn to make salads, sandwiches and simple drinks for all. They can also learn the names of spices and other ingredients in the pantry. Help them learn the names of the vessels and appliances.

★Play together

Remember the fun games we enjoyed...go back to them. Hide 'n Seek, Sardines, 4 square, Tag games, Kick the Can, Capture the Flag, Hop Scotch, Jump Rope & Double Dutch, Jacks, Marbles, Mother May I, Red Light/Green Light, Spud, Cat's Cradle, Musical Chairs, Hot & Cold, Battleship, Tic-tac-toe, Slap Hands, Catch, Blind Man's Bluff... Observe and relish your play.

You can do a lot with card games, monopoly. Keep screen-based games to minimum. It will be difficult to wean them off later.

★Take time out

Exercise, a bike ride if you have space or walk the dog. Don't forget to visit your balcony or window to say a 'hi' to the world. It may be a while till you can actually be out. Enjoy the change in seasons, watch and listen to the returning birds, observe the trees leafing out, take weather readings and predict the weather, move your bodies, walk with your breath.

★Eat together

You'll do a lot more eating together now than maybe anytime since your children were babies. Cook your favourite dishes together and train the children how to set a proper table, how to have a conversation over a meal, how to serve tea, work on manners (grace and courtesy). Eat meals together as a family.

★Add music to your life

If you don't play an instrument, listen to your children practice their instruments or create music from simple things at home. Experiment with singing, try a lullaby or a bhajan. Its fun mixing tunes and songs...try it!! Listen to your favourite artists and talk about what you like about their music to your children. Introduce them to good songs and lyrics. Either of you will not get this time together again.

★Try art

Be crafty, try Legos, Origami, paint, puppets, etc. Try writing if you think you have it in you. Dance. Invent stuff. Practice the scientific experiments and quiz kids on them. Draw a map of the house and play hunt. It may sound unbelievable but try a house theatre. Ask kids to write a play and enact for the others. The benefits would be unimaginable. For all those who read, share a funny story aloud. Learn to sew, hem, tack, knit and embroider. It's all there on the web.

★Learn to bond and inspire

Tell jokes, tell stories about each other (and childhood stories), call grandma or grandpa and have them tell stories about their childhood (or your parents), forgive mistakes and laugh them off. Use this time to imbibe values. Let kids feel proud and special to be a part of the family. Create laughter. Create respect.

When you try some of the above don't forget to be with yourself, to be quiet alone and together, pray and meditate. Thoughts are extremely powerful. Optimism and happiness

add to our wellbeing, both physical and mental. This is just another experience, make sure you make it happily remembered. This shall make or mar the young mind.

Think, play, move, work and create. This is a time to connect, not correct. You shall experience a lot of uncalled for behaviour, aggression, anger, tantrums. Have compassion for one another in this new time. Everyone is generally doing the best they can under the most unusual circumstances. Make peace and delight in it.

We will soon take care of the learning. And when they come back to school, we shall take care of all that went wrong too. Don't worry. Always there.

For now, stay at home, stay calm and stay safe.

Warm regards

Principal