

Dear Parents

Due to the need of the hour learning has moved online. We understand the concern regarding the increased screen time of the students and have found a solution to shrink the same. Students are permitted to take out the print out of the NCERT Solutions or any other e-documents, instructional material which teachers are sharing if they are facing difficulty in writing it out. We also highly suggest students to keep a notebook and a pencil nearby to take quick notes as they are very beneficial for later reference.

Few things you can do to manage screen-time better:

- 1. Set specific viewing times/hours:** Allot three to four hours each day – for study period. Try not to exceed the set limit.
- 2. Designate media-free time zones.**
- 3. Aim for short screen-time sessions:** While using technology, try not to sit at a fixed place for a long time. Getting up and moving around, after every 20-30 minutes, is very important for you. It will help to maintain your energy levels, and overall well being. Get up, walk a little and do some stretching when you are done with a topic (while studying)

Like everyone, we're hoping that the resumption of in-person classes comes sooner.