

My dear young Bhavanites

I am sure you are all keeping well and using your time fruitfully during this **unexpected break** from the school academic year. I think you are missing us & the school and we too are **missing YOU ALL**.

We need to stay strong during these times & act as one big family (Vasudaivakutumbakam). We are lucky that technology brings us together. Though physically we must maintain distance, virtually we can come together to communicate. This is the best way to respond to the situation.

Please stay **connected with education**. While coming to school may not be possible, education at your house is a great idea. I am sure each one of you are working on ways to help yourself grow. We wish to keep your learning on and are planning to send some short assignments through class WhatsApp group. **Do not spend more than 2 hours on electronic devices** (Phone/ Tab/ Computer/ Laptop etc.).

Now that we all have ample time, we must treat this as a great opportunity to **reflect on** our strengths and weakness, polish our strengths and work on our weaknesses. Share your knowledge with your siblings & help them get better in their academics & general awareness. Give importance to **READING** as it is most important source of knowledge.

Readily available resources to update our knowledge are in plenty. You will also be receiving an email from school which will provide the list of some websites and activities to ensure education can continue from home. Tap into your talents, **think creatively**, spend time on writing **articles, stories etc**. You could learn to **draw/ paint, dance/ sing**. During these difficult times, adopt good practices i.e. **do not waste food, eat healthy, stay fit, wake up & sleep on time, drink plenty of water**. Contribute to the daily chores and help your parents. After bathing, devote some time for **PRAYER**. Do meditation for five minutes every day and keep increasing the time with each day.

**STAY SAFE and BE CREATIVE**

C. Rama Devi  
Sr. Principal,  
BVBPS