

**Dear Parent
Greetings**

The current situation is definitely an unprecedented one and something that we have never experienced before. In such a situation, we might be tempted to either completely let go or create a tight schedule for ourselves and our children, in fear that we do not stray from our regular routines.

The stress of keeping children engaged in learning, online activities, experiments is a dominant one. However do remember that the situation is different and new for children too. They may be a little scared at times. We must allay their fears. They listen to everyone and everything around them and experience their own anxiety and tension.

Initially school off for weeks may have sounded like a wonderful idea however the reality of being housebound for days together and not being able to see their friends and teachers, not being able to go for outings is sure to affect them too. They may express their anger and anxieties through protestations and changes in behaviour. You may see tantrums, mood swings and refusals to eat, which is normal and expected in the circumstances.

It is important that we let children know that we understand what they are going through and we love them no matter what.

They must be reassured that all is going to be fine and this is a temporary phase that the entire world is going through. So don't get unnecessarily stressed and upset if you diverge from your planned schedule or the cleaning is not done on a particular day or there is no study on some day. Show a little more love to children. Spend time with them doing activities they love. Involve them in small cooking and baking tasks. Read books together, tell stories about your childhood. Tuck them to bed and stay a little longer with them at night.

The children will not incur any major loss in studies as we are already sending them video lessons and worksheets. Once we are back in school, we will pick up pace and set the course of action. Don't worry, the teachers are good at course correction.

So please do not set strict timelines. Remember mental health and a positive mindset is most important right now- yours and your family's.

Long after COVID 19 is forgotten, children will remember how they felt during this time. Let us help them remember that they were loved.

Use the dance art and craft videos we are sending to engage with them. Do a joint dance session for the family. Listen to good music.

Your positive mood will protect your immune system too.

Maintain a discipline of washing hands at home.

Stay positive and upbeat and firmly believe that the environment will righten itself soon.

Till then, keep the faith.

Stay positive!

Stay home!

Stay safe!

Regards

**Principal
KHMS**