

3rd April



WELCOME!

Goodbye vacation!
Hello to school!

Hello new class,
Goodbye old pool.

Vacation time is over,
School time is here,

Now we welcome
A new school year!



Newsletter-TIGPS, Ariadaha

Another new session is about to begin! Let's gear up...

To begin something new is always amazing. Do you feel the same about the beginning of a new academic year? Frankly speaking, new beginnings can be scary and exciting at the same time.

Planning ahead for the new academic session is akin to owning a property or buying a dream home. Since it is a herculean task, it is important to flip through some strategies or tips which would smoothen the process, helping you & your child kick off the new academic year successfully.

After the exams the academic session 2017-2018 got over, for most of the students, it's been almost a month away from the school and school books. The days full of fun and amusement with no tough study schedules, school classes and tuitions, are about to get over. Whether you spent the post exams vacation relaxing or working, preparations for a new school year can be overwhelming and intimidating. It's important to approach the new school year with a pre planned strategy and a positive mindset.



Here, we've put together some tips to help you prepare for the new academic session. Check out the following points:

Make an outline of your plans and goals-

Set both short-term and long-term goals. With these little steps, you can do a better job obtaining good results.

Planning is a useful thing, though it's often underestimated. And ignoring the planning stage is a fundamental mistake. You can check how your productivity and achievements depend on planning. Weekly planning is a good rule to follow.



Try a two-week experiment. Don't plan anything during the first week, and just let things slide. And the next week, plan your daily routine in advance, prioritize and set deadlines. See the difference!

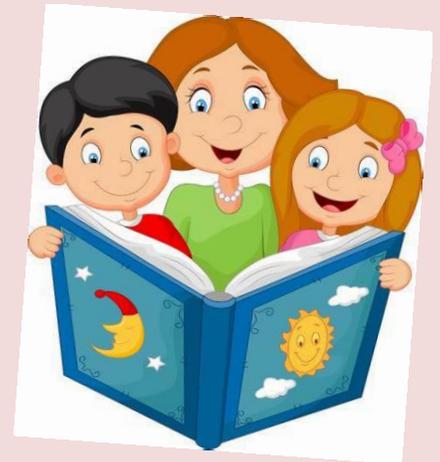


Make Sure Your Kids Attend School Regularly – It is very important for all children to attend school every day and to arrive on time. When a child does not attend school regularly and on time they will have difficulty keeping up with their work. Punctuality and regularity are of utmost importance in a student's life. Punctuality during school life will also help a student to prepare him/her for future life.

Sleep Routine - Days are longer during summer months which give the kids an incentive to stay up late. Most children aren't morning people so getting them back on track with a good sleep routine is key to preparing for the new school session. At least an hour of quiet time avoid of any gadgets is required before bed which would help ensure a healthy bedtime routine.

Set the alarm for early morning wake up time to get your children used to waking up at the same time every day so that once school starts, wake up in the early mornings won't be an issue. Having a good sleep 8 to 10 hours is essential for every child to be alert in school and open to learning.

Review Basic Rules - Talk to your children about the positive aspects of starting school to create positive anticipation about the first day of class. Don't forget to lay down a few ground rules and explain safety measures. If your child seems nervous, ask them why they are worried and help them to solve the problems. Reviewing the basic rules is all about make an extra effort to make sure everyone feels as comfortable as possible about what can be expected in the coming school year ahead.



Be a partner in your child's learning- Develop a relationship with your child's teacher and keep in touch with them often. You can provide knowledge and information that will help them get to know your child as an individual and better support their growth and achievement.

Talk about school matters at home- Encourage your child to talk about their day and express their joys and their concerns by asking open-ended questions. This is an easy way to learn your child's strengths and weaknesses and what activities they like and don't like.

Try to do something new- Your child has got lots of interests! Try to help him. Be a volunteer. Be a tutor for your child. You've got lots of opportunities, so go for it.

Thus, preparing a plan prior to the commencement of the new academic year can boost your child's performance and help achieve success with efforts and focus.

RosseySengupta, School Counsellor, TIGPS, Ariadaha

Parents who are willing to contribute are encouraged to email their thoughts to tigpsar.counselor@gmail.com