



A Senior Secondary School Affiliated to CBSE, New Delhi

SECTOR 32-A, URBAN ESTATE, CHANDIGARH ROAD, LUDHIANA

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### **Dear Parents**

Greetings from BCM!

At the onset of session 2020-21, I wish to show my gesture of gratitude and appreciation to all existing parents for their long supportive association with us and new parents for reposing faith in us and choosing BCM for their child's education.

With the recent evolvement of Coronavirus-19 followed by school lockdown, I think it's a nice thing to connect with you and students and talk about your safety and well-being of your loved ones.

In this situation of continued closure, I wish that all stay indoors, alert and take every possible guarded measure to be safe. But equally concerned I am about students' missing their initial classes and classroom instructions. As an endeavor and responsibility to provide students with uninterrupted education during lockdown period, we are transitioning to online learning through structured home based program -'DIGITAL REMOTE LEARNING'.

Our teachers will be going above and beyond, finding creative ways to reach their students and help them continue their learning with the help of videos, e-notes, Apps, live interactive sessions and assignments. Your child will get connected to teachers for learning interactively. This online class will likely have an area for discussion in which students can directly ask questions to the teachers.

The school will shortly be providing a link for connecting school to students. Please keep email id of your child active to get accessibility to all educational programs and modules. In case of any technical issue, Mr. Chandan can be contacted on bcm32a@gmail.com, only relevant query will be answered.

Please help your child treat this online class as real class and navigate this time of home based learning by formulating a plan as per the given guidelines:

# **1. CONTINUITY:**

Please ensure that students:

- Get up at the same time they normally would on any other school day.
- Have breakfast, get dressed and complete their normal morning routine in the same old way.
- Start dedicating a space to home-based learning, whether it be an entire room or a place at the kitchen table
- Start learning time at the same time that they would normally start
- Complete their subjects in the same order that they would do at school.
- Need to budget time for answering each video's questions or assignments

## 2. RESOURCES:

Please make sure that students:

- Have access to strong Wi-Fi connection
- Know how to log in to apps
- Stay in close contact with the school to be aware of any updates sent by teachers
- Consider continuing their academic progress using online academic resources.

# 3. HEALTH AND WELL-BEING

Please ensure that students:

- Maintain good level of physical activity by indulging in small tasks at home
- After each subject, get up and move around for a few minutes. Their body and eyes need breaks from sitting and studying.
- Sit comfortably with good posture in well-lit room. Poor posture while working online will lead to back pain and hamper their learning session.
- Eat healthy meals during the day and Drink water frequently
- Take time for some outdoor time if you have a backyard or open space or play indoor games
- Get at least one to three large blocks of time (30-45 minutes) of free time to creatively explore and play on their own.
- Indulge in some activity of art and craft
- Do yoga/rope skipping/jumping/ light exercise
- Spend quality time with you
- Receive positive learning environment at home

I sincerely wish and pray that this crucial phase shall pass soon, thus pushing the life back to its traditional trail and once again, we will resume our class room teaching with same old gusto, consolidating wobbly competencies of our students with hands-on lessons in the class rooms.

Hope all making the most of this time, till we are together again.

#### STUDY SMART. STAY SAFE

Regards

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D.P.GULERIA



