

My dear Parents,

Greetings and good wishes from all the Sisters and Teachers of St. Anthony's School.

We hope that all of you are in good health of mind and body in spite of the pandemic that is around. We earnestly pray to the Lord that He may keep you all safe from this COVID-19.

We are unable to let you know exactly when the school will re-open. We will wait for the decision that will be taken by the Government on reopening of schools. We miss the children very much – their laughter, noise – the school is empty and quiet without them. As soon as the school re-opens we will do our utmost to give the best to the children.

I request all of you to kindly pay the school fees as you paid in the previous months. The school tuition fee remains the same for now. We will let you know when there is a change in the fee. School fees can be paid upto 30.04.2020. Thank you for your co-operation.

I would like to upload along with this letter the **Routine for children to keep them happy during lockdown period by West Bengal Commission for Protection of Child Rights**. Kindly make good use of it for the children.

I wish all of you a very Happy Easter and ShubhoNoboBorsho. May the Lord bless you all with health and wealth, peace and joy and keep you safe from all evil especially from COVID-19.

Thankyou once again for your co-operation.

Yours sincerely,

Sister Sylvia
(Headmistress)



Routine for children to keep them happy **during lockdown period**

By

West Bengal Commission for Protection of Child Rights

We are going through an uncertain and confined life. It's difficult to accept the present situation for adults and children. Suddenly our daily routine has been changed. Those who appeared in exams had to suddenly stop in between. The same interruption is applicable for the children and parents who are eagerly waiting to join new classes. We are now clueless. In this situation lack of concentration along with anxiety, depression, worry, anger, irritability, tension, disappointment, disturbed sleep are natural. We are becoming impatient. We all are afraid of our future.

But we urge you to live in "now". Be positive and stay connected with each other.

Managing children is a real challenge for parents. A planned activity is always better than an unplanned in emergency. Hence WBCPCR has planned to make routine / activity list for children, which parents may follow easily without thinking much. This routine is divided into several segments – Morning, Day, Evening and Night.

Morning

Morning activity should be light which can make our mind, calm & fresh.

- Start the day with pranayam or deep breathing followed by light music.
- Afterwards free hand exercise and jogging inside the house (balcony or terrace, if available).
- If anyone wants may involve the child in cleaning bed and keeping pillow aside.
- Encourage them to help preparing breakfast (make bread and butter or jam, peeling of egg scales, and serving breakfast).



Day

Day time indulge child in self engaged activity or time may be spent with parents and grandparents or help the parents in cooking.

- Engage them to story books
- Practice handwriting
- Drawing and colouring
- Origami
- Puzzle
- Board game
- Playful time may be spent in case of having sibling
- Playful time may be spent with father or grand parents
- Practice guitar, song, synthesizer etc.



Evening

Evening time should be for family bonding.

- They may be engaged for making evening snacks like masala muri
- Watering plants
- Parent and child may involve in indoor game like ludo, chess etc.
- Fix a time and allow child to talk freely whatever they want. Have a receptive ear
- Play music allow child to dance
- May watch Cartoon on TV but not more than one hour.
- Memory game
- May be involved in making dough for roti
- Day activities may be repeated.



Night

- Prayer
- Engage child in preparing bed to sleep
- A log book may be maintained by where they can write their feeling (anxiety, worry)



Keep encouraging every child.

Disclaimer:

This a general guideline for children of all ages. Children should be engaged in these activities under supervision of parents or care giver.