

**DAV PUBLIC SCHOOL**  
**BRS NAGAR, LUDHIANA**

**Dear students**

We have missed you for a long time and can't contain our excitement to have you back in the school. The wait is finally over, the school gates shall remain open for you. In these challenging times our top priority is your health and hence you are requested to maintain and follow all the COVID-19 precautions.

1. **Mask up all the time-** you shall be wearing a good quality mask properly (covering your nose) at all times.
2. **Distances make the heart grow fonder-** We are pleased that you will reunite with your friends but you will have to do it responsibly, you being safe ensures others safety. Remember to maintain social distance at all times.
3. **Carry your essentials-** we request you to carry a kit that contains extra masks, sanitizer and your water bottle. Sharing of any stationary, food or other items is strictly prohibited.

We understand this is going to be a big shift, it is normal to feel sad, worried, confused, scared or angry. Know that you are not alone and talk to someone you trust, like your parents or teacher so that you can help keep yourself and your school safe and healthy.

So here are some instructions for you to follow to keep your mental health in check.

- **Get mentally ready for a new routine:** consider positive aspects of starting school. Reassure yourself that if any problems arise at school, parents and teachers will be there to help resolve them.
- **Be patient:** Exercise patience as transitioning once again from home to school may be challenging for the students.
- **Encouraging you to extend Positive offerings:** you could draw and colour cards for your friends, teachers, and also family members as preparation for school reopening thus setting a positive tone and hope.
- **Collect Motivational resources:** you can collate good audio(podcasts) songs developed for and during the Covid-19 that can be motivating for sharing with school mates.
- **Ensure your emotional safety:** make yourself feel safe and wanted by allowing yourself to share your feelings with your parents or teachers.
- **Recognise your efforts:** This not only develops confidence and self-esteem but will lead to the formation of good habits and better performance in different tasks.

- **Set a good example:** Before expecting others to be disciplined, empathetic, healthy, and hygienic, you need to practice such things.
- **Acknowledge your feelings:** Understanding and recognizing one's own emotions is vital for one's well-being.

If you have any concerns feel free to ask your class teacher or the school counsellor, Ms Harsh Vardan Chahal.

Looking forward to have you back!

With lots of love

JK Sidhu

Principal