

C 02 (2019-20)

To,
Primary School Parents (Grade 1-Grade 7)

Dear Parents:

Greetings!

In a bid to promote creativity, logical thinking and sports among children, Sarvankash Vidya Mandir school management introduces a Zero Period every day after academic periods are over i.e-02:50 PM-03:50 PM. This addition will enhance the intelligence, critical thinking skills, confidence and personality of the learners. Learners will be allowed to do engagements of their choice in the zero period under the supervision of a facilitator who leads the programme.

Over view of the programme:

Music enables learners to communicate that goes beyond their oral language abilities. It is important that students are given opportunities to discover a broad range of music experiences including classifying and analysing sounds, harmonizing, listening and playing different instruments.

Art is used to describe practices that have been more traditionally described in education as art, craft and design. It is essential; to introduce the learners to a large spectrum of experiences strengthening their creativity and imagination.

Dance has been an integral part of many cultures. Dance plays a very important role in our society as well as it brings people and communities together. Dance uses the body as medium of expression. Learners develop their confidence in their personal physicality through body awareness, balance, co-ordination, flexibility and strength.

Sports develops a child’s self-confidence and self-esteem. Participating in athletics has been known to improve the cognitive and memory functions of the brain, helping kids perform better in tests and academics. Further, traits such as discipline and perseverance also play an important part in better academic performance.

The zero period will last for at least an hour and there will be no teaching or learning from text/academic books during the time.

Zero period is structured in the following way:

- Two 60 mins periods for Indoor Engagement in a week
- Two 60 mins periods for Outdoor Engagement in a week
- One 30 mins period for Library-Reading
- One 30 mins period for Life Skills-Grades 5 onwards/VE-Grade 1-4
- The learner can choose only one indoor and one out door engagement for ZERO period.
- Once the engagement is selected the learner will be trained for the selected engagement for the whole year.
- Respective facilitators will share the required gears for the selected engagement.

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Parents are requested to kindly fill in the selection form for Zero Period and submit it by **10th April, 2019** to the respective class teacher.

Indoor Engagement (Select any one)	
<ul style="list-style-type: none"> • Art <input style="width: 50px; height: 20px;" type="checkbox"/> • Dance <input style="width: 50px; height: 20px;" type="checkbox"/> 	<ul style="list-style-type: none"> • Music <li style="margin-left: 20px;"> <input style="width: 50px; height: 20px;" type="checkbox"/> Keys <input style="width: 50px; height: 20px;" type="checkbox"/> Drums <input style="width: 50px; height: 20px;" type="checkbox"/> Guitar

Outdoor Engagement (Select any one)		
<ul style="list-style-type: none"> • Sport 		
Badminton <input style="width: 50px; height: 20px;" type="checkbox"/>	Soccer <input style="width: 50px; height: 20px;" type="checkbox"/>	Track and Field <input style="width: 50px; height: 20px;" type="checkbox"/>

Name of the Learner: _____

Grade: _____

Parent Signature: _____

Date: _____