**GREENWOOD PUBLIC SCHOOL ADITYA PURAM, GWALIOR**

**OUR MOTTO - DEVELOPMENT WITH DELIGHT**

**DATE SHEET FOR SECOND TERMINAL EXAMINATION (2018-19)**

**CLASS VI-VIII**

|  |  |  |  |
| --- | --- | --- | --- |
| **SUBJECT** | **VI** | **VII** | **VIII** |
| **18.02.2019** | **COMPUTER (Theory)** | **COMPUTER (Theory)** | **COMPUTER (Theory)** |
| **20.02.2019** | **SANSKRIT** | **SANSKRIT** | **HINDI** |
| **28.02.2019** | **ENGLISH** | **ENGLISH** | **MATHS** |
| **01.03.2019** | **MATHS** | **MATHS** | **SCIENCE** |
| **08.03.2019** | **SCIENCE** | **SCIENCE** | **ENGLISH** |
| **11.03.2019** | **SOCIAL SCIENCE** | **SOCIAL SCIENCE** | **SOCIAL SCIENCE** |
| **20.03.2019** | **HINDI** | **HINDI** | **SANSKRIT** |

**POINTS TO REMEMBER**

* Clear your dues and collect your roll card before the commencement of exam.
* Come to school in proper uniform during exams.
* Attend revision classes without fail on non exam days.
* Carry proper stationery including pen, pencil, eraser, sharpener, ruler, etc. and colour pencil for map work if required.

**MOST IMPORTANT**

* **Exam Timings :- 9:30 AM to 01:00 PM.**
* **Result Declaration:- 31st March 2019 Timings:-10:00 AM to 12:00 NOON.**
* **New Session commences:- 2nd April 2019 Timings 8:00am – 1:30pm**
* **On all days the school will get over at 1:00PM**
* **On Non Exam days the school will remain closed for students due to Board Examination at school.**

**TIPS TO STAY HEALTHY DURING EXAM**

* Stock up your fridge with apples, green veggies, and so forth, so that you’ll have lots of great option during study break.
* Try going for a walk or a quick jog as a change of pace every morning
* Take naps to give yourself some mental and physical rest.
* Stay well hydrated. Chose your beverage well, though. Caffeine and sugar should be kept to a minimum.
* Make breakfast, your new study buddy.
* Stay away from Big & oily meals.
* Eat at regular intervals.

**TIPS TO MINIMIZE STRESS AND MAXIMIZE LEARNING DURING EXAMS**

1. Meditate

2. Get your body moving

3. Practice healthy eating

4. Stay hydrated

5. Get out in nature and enjoy fresh air

6. Take more consistent breaks

7. Practice good sleep hygiene

8. Avoid cramming

9. Study to learn, not for high marks

10. Avoid Distractions

11. Focus on one thing at a time

12. Create a study plan

13. Stay positive and confident

14. Listen to relaxing music

15. Remember to Laugh and Lighten Up

***WISHING YOU GOOD LUCK***

**PRINCIPAL**