

**Audio Message for Students by
Mrs. Anita Wadehra, Principal**

My Dear Students

I am incredibly proud of the responses I receive from your teachers when I ask them if you're doing OK. I understand that you have accepted the situation for what it is. It definitely speaks volumes of your courage, strength and resilience. Such a mindset will serve you well in the future, far beyond the timeline of a temporary pandemic.

COVID-19 pandemic has surely altered lives and disrupted normal life across the world. This is a collective crisis of unprecedented magnitude. And yet there are innumerable inspiring stories of selfless workers, Corona warriors, police personnel, doctors and volunteers stepping forward to defeat the pandemic. We too must rise to meet this formidable challenge bravely and shouldn't let the pandemic pin us down. We must remain positive and keep our hope alive that very soon mankind will be able to find a way out of this difficult situation in near future.

As the world stays secured behind closed doors, lockdowns and self-quarantine, work from home and online classes have become a norm. What we all need now is patience, optimism and firm faith in God almighty. I strongly recommend that you read books, expand your knowledge. Try doing something constructive and different like cooking, painting, beautifying your homes to have that much needed sense of achievement and triumph in these stressful times.

Do not get paranoid about Coronavirus pandemic. Just follow the due precautions and take very good care of yourself and those around you. There is a strong ray of hope guiding us to find a way out of the present crisis. We will be out of these stormy waters for sure.

It is easy to get demotivated with the current global crisis which can lead to stress and anxiety but hope and positivity mustn't be lost. Keeping yourself, each other, family and friends positive during this distressing times is very important. You can always contact the school counsellor or your class teacher or me for any queries, problems or stress of any kind.

I would like to share some tips to remain positive, strong and upbeat during these challenging times. Remember

- Nothing lasts forever. Not even the coronavirus. So stay strong and fight hard.
- Stay home, stay safe – this is the only medicine found till now for coronavirus. Keep calm and help flatten the curve.
- You're braver than you believe and stronger than you seem, and smarter than you think - so follow the safety guidelines and sanitization protocols to defeat Coronavirus.
- Keep your face to the sunshine and you cannot see a shadow. Stay positive, stay home, stay safe and save lives.

Always believe that this too shall pass. God bless!

Here's a poem to uplift your spirits

When everything's darkness
And you feel so alone,
When the rain doesn't stop
And you can't make it home,
When it feels all is lost
And you just want to run,
Know, it cannot rain forever.
Just wait for the sun.

The storm always passes.
It never last forever.
The rain always stops and gives way to good weather.
The brightest of days are still to come.
Please wait for the sun.
The sunshine will come.

There are people who need you,
There are people who love you
Who can warm up your soul like the sunshine above you?
You're never alone,
No matter what's done.

So wait for the sun.

Just wait for the sun.

Dark clouds will definitely pass.

I promise you, dear children

We're all waiting with you.

Just waiting for the sunshine and the sun.

Thank you

Mrs. Anita Wadehra

Principal