**GREENWOOD PUBLIC SCHOOL, ADITYAPURAM**

**OUR MOTTO-DEVELOPMENT WITH DELIGHT**

**DATESHEET FOR SECOND TERM EXAMINATION (2022-23)**

**CLASS IX**

|  |  |  |
| --- | --- | --- |
| **DATES** | **DAY** | **SUBJECTS** |
| **20/02/2023** | **MONDAY** | **MATHS** |
| **22/02/2023** | **WEDNESDAY** | **SCIENCE** |
| **24/02/2023** | **FRIDAY** | **HINDI** |
| **27/02/2023** | **MONDAY** | **ENGLISH** |
| **01/03/2023** | **WEDNESDAY** | **COMPUTER APPLICATIONS** |
| **04/03/2023** | **SATURDAY** | **SOCIAL SCIENCE** |

**POINTS TO REMEMBER**

* Clear your dues and collect your roll card before the commencement of exam.
* Come to school in proper uniform during exams.
* Carry proper stationery including pen, pencil, eraser, sharpener, ruler, etc. and colour pencil for map work if required.

**MOST IMPORTANT**

* **Reporting Timings: 9:20am sharp on all days**
* **Exam Timings:- 10:00 am to 01:00 pm.**
* **Result Declaration:- 14th March 2023 Timings:-10:00 am to 12:00noon.**
* **New Session commences:- 16th March 2023 Timings 8:30am – 1:30pm**

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**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.
* **Follow Covid Protocols** (Wear mask properly, Maintain social distancing, Wash your hands frequently)

**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**

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