



# BGS Vijnatham School

## HOME AND SCHOOL CONNECT

WORKING TOGETHER FOR A BETTER  
TOMORROW....

January - March (2025 -2026)

Step - I

*From the Desk of the Principal..*

*Learning is a journey and every milestone is a step toward excellence.*

Dear Parents and Students,

Greetings from BGSVS!

As we enter the final quarter of the academic session **2025–26**, we do so with immense pride and gratitude. This year has been a journey of growth, achievements, and memorable moments that strengthened the spirit of the **BGS Vijnatham family**. Our students have consistently demonstrated dedication and excellence across academics, sports, arts, and co-curricular activities, reflecting our commitment to nurturing confident and compassionate individuals.

As we move into the final phase of **assessments and board examinations**, we extend our heartfelt best wishes to all our students—especially the **first batch of Class XII**, who are reaching a historic and significant milestone in their educational journey. May your hard work and perseverance bring you success.

We sincerely thank our teachers for their unwavering dedication and our parents for their continued support. Together, we look ahead with confidence and commitment to excellence.

Working together



Principal

BGS Vijnatham School



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## TIPS ON PREPARING FOR EXAMS

Examination time can be as good as any school days if we take care of the given tips. Good Planning is a key to success.

### ❖ Revision tips

- **Make a realistic revision schedule.** Work out how much you have to do and the time you have to do it in, then break it down into manageable chunks. Aim to do a few hours of revision each day, and mix up your subjects so you do not get bored.
- **Find a revision style that suits you.** Studying alone in a quiet room suits some people, but not everyone likes working in silence. Try playing music quietly in the background, or revising with a friend (but do not let them distract you!).
- **Customise your notes to make them more personal.** Experiment with colour coding, notes on postcards, diagrams or whatever helps you learn your topic.
- **Make sure you understand everything.** If you come across something you do not understand, try to find a new source of information that will help you understand it. Just memorising it will not help you in your exam. Do not be afraid to ask your teacher or a friend for help if you need it.
- **Take regular short breaks.** Studying for hours and hours will only make you tired and ruin your concentration, which may make you even more anxious. A break every 45 to 60 minutes is about right.
- **Reward yourself.** For example, you could take a long bath or watch a good movie once you have finished your revision session.
- **Do something physical.** When you're not revising, use your spare time to get away from your books and do something active. Exercise is good for taking your mind off stress and keeping you positive, and it will help you sleep better.
- **Ask for help.** If you're feeling stressed, it's important to talk to someone you trust, such as a family member, teacher or a friend. Lots of people find exams difficult to deal with, so do not be embarrassed to ask for support.

### ❖ How to handle exam days

- **Be prepared.** Start the day with a good breakfast, and give yourself plenty of time to get to the exam hall. Remember to take everything you need, including pencils, pens and a calculator. A bottle of water and some tissues are also useful.
- **Take a few minutes to read the instructions and questions.** Then you'll know exactly what's expected of you. Ask an exam supervisor if anything is unclear – they're there to help you.
- **Plan how much time you'll need for each question.** Do not panic if you get stuck on a question, but try to leave yourself enough time at the end to come back to it.
- **Once the exam is finished, forget about it.** Do not spend too much time going over it in your head or comparing answers with your friends. Just focus on the next exam instead.



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## Parenting Tips

- ❖ As a new initiative “हर हाथ में किताब”, we request you to kindly send 1 small story book as per your child's level to the school for creating a class library.
- ❖ Encourage your child to recite shlokas, as we are also encouraging them to chant shlokas in the special assembly “Bhakti Vachan”.
- ❖ Make reading a regular part of your child's life and encourage them to explore different genres.
- ❖ Set a Good Example: Children learn by observing their parents.
- ❖ Be a role model for the behaviour and values you want to instill in them.

Do's	Don'ts
Close the taps after use in the drinking area and washrooms.	Do not damage school property.
The medium of communication at all times must be English	Students must not jump up and hit door jams as they pass through.
Students will always use respectful and appropriate language	Students must follow safety guidelines, as instructed, when using any equipment.
Students must climb up and down the stairs, one stair at a time.	Do not be irregular to school.
Keep the classrooms and school premises clean and tidy	Do not shout and disturb the classroom at any point of time and in the premises.
Students must learn to share and take turns with all playground equipment.	Students should not push, kick, hit, punch or exhibit any act of violence.
Keep your head, hands, and arms inside the bus at all times.	Do not run, jump on the bus always be in your seat.



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We always put our efforts into inculcating healthy eating habits and promoting good nutrition in children. Good Nutrition is key to Good Health and helps us boost our immunity. In this regard, this is kindly advised to ensure the following:

- Serve a variety of healthy foods and snacks, including vegetables (all green leafy and other vegetables), fruits, pulses, and cereals in lunch boxes and family meals.
- Avoid sending pickles & junk food in the lunchbox.
- Do not send such items in lunch that need to be kept refrigerated.
- Be a role model by eating healthy yourself.
- Limit fast food and low-nutrient snacks in the diet.
- Limit sugary drinks, such as soda and fruit-flavoured drinks. Serve water and low-fat milk instead.
- Involve kids in meal planning by brainstorming about what foods they'd like for lunch.

## FOOD MENU



Days	fruits	Lunch
Monday	Grapes/ Papaya	Sandwich (Multigrain Bread)/
Tuesday	Banana/ Apple	Stuffed Parantha
Wednesday	Roasted foxnuts/ Dry fruits	Chila stuffed with vegetables or paneer
Thursday	Oranges/ Banana	Idli/ Uttapam with coconut chutney or tomato chutney(homemade)
Friday	Fruit chaat	Aloo Poori/ Bread roll/ Vegetable cutlets



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## CURRICULUM

JANUARY-MARCH (2025-2026)

Subject	Syllabus
English Literature	<b>English Weaves Foundational Literacy</b> <ul style="list-style-type: none"><li>Chapter 6 – Up in the sky</li><li>Poem – What is Pink?</li></ul>
Language	<b>Grammar and Composition</b> <ul style="list-style-type: none"><li>Talking about the past</li><li>Punctuation – Question Words</li><li>Composition</li><li>Revision of Position Words</li></ul>
Writing	<b>Friday Afternoon</b> <ul style="list-style-type: none"><li>Chapter 15 – Work, Work, Work</li><li>Chapter 16 – Pairs</li><li>Chapter 17 – Be wise with money</li></ul> SEAB & Notebook
Listening, Speaking and Writing (LSR)	<b>Fitzroy Readers</b> <ul style="list-style-type: none"><li>Story – 18X The Silly Singer</li><li>Story – 19 X The Dark Barn</li><li>Story – 20X The Holiday</li></ul> Elocution <ul style="list-style-type: none"><li>My experience with online classes</li></ul>
Hindi Literature	<b>वल्लरी:</b> पाठ: बिल्ली के गले में घंटी बांधे कौन पाठ: लालची कुत्ता पाठ: अगड़म-बगड़म (कविता) पाठ: शैतान को सबक
Language	<b>सुरभिका :</b> पाठ: 10 समान अर्थ वाले शब्द पाठ: 11 रचना/ लेखन पाठ: 12 गिनती पाठ: 13 चित्र पठन
Writing	SEAB & Notebook
Listening, Speaking and Writing (LSR)	Katha Manjusha <ul style="list-style-type: none"><li>पाठ - 6 स्वार्थी चिड़िया</li><li>पाठ - 7 नन्हा भालू</li><li>पाठ - 8 चूहों की समझदारी</li></ul>
Maths	<b>Maths Weaves</b> Chapter 9 : Money Chapter 10: Measurement Chapter 11: Time Chapter 12: Data Handling
EVS	<b>The Science Tree</b> Chapter 14: Animals Around Us Chapter 15: The Earth Chapter 16: Weather and Seasons



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Subject	Syllabus
Logical Reasoning	<b>Tiles</b> <ul style="list-style-type: none"><li>Assignment:31</li><li>Assignment:32</li></ul> <b>Quantitative Quiz</b> <ul style="list-style-type: none"><li>Assignment:33</li><li>Assignment:34</li><li>Assignment:35</li></ul>
Sanskrit	Chapter - 5 मम गृहम् Chapter -6 रङ्गाणाम् संसारः
Music (Vocal & Instrumental)	<ul style="list-style-type: none"><li>Tu hi ram hai -hindi prayer</li><li>Geeta shlokas</li></ul>
Dance	<b>Theory</b> <ul style="list-style-type: none"><li>Knowledge of ADI TAAL-8 BEATS</li></ul> <b>PRACTICAL</b> <ul style="list-style-type: none"><li>PUSHPANJALI</li></ul>
Art	<ul style="list-style-type: none"><li>School</li><li>Dragon</li><li>Ostrich</li><li>Nest</li><li>Butterfly</li><li>Patterns</li><li>Boat</li></ul>
Value Education	<b>Yes We Can</b> Chapter 10: I Care for Animals Chapter 11: Plants, Our Friends
GK	Junior Genius <ul style="list-style-type: none"><li>life Skills.</li><li>Computational Thinking.</li><li>Wow Inventions</li></ul>
Life Skills	Safety Troop
Physical Education	<ol style="list-style-type: none"><li>Basketball ( Dribbling, passing)</li><li>Football ( One to One pass, Zig zag Dribbling, Shooting)</li><li>Cricket ( Catching, Bowling, field)</li><li>Badminton ( Footwork, Court measurement)</li><li>Martial arts ( punches, kicking)</li><li>Yoga ( Sitting pose)</li></ol>



# BGS Vijnatham School

## Holiday Planner January - March

Day and Date	Holiday
Monday, 26 January'26	Republic Day
Tuesday, 3 March'26	Holika Dahan
Wednesday, 4 March'26	Holi

Thank  
You