



Ext Cir 47/ 2021-2022  
Date 16/12/2021

Dear Parent, (Classes 1-9)  
Greetings!

**Disconnect to Reconnect – Gadget Free Hour**

*Life was much easier when 'Apple' and 'Blackberry' were just fruits*

In today's day and age of technology where everyone is hooked to their phones, laptops and other devices, it is extremely crucial to not lose touch with loved ones, especially our children. It is important as a parent to take out time and do fun activities, share experiences and bond with your child.

We are delighted to inform you that with a view to promote **Family bonds among family members we are observing a**

**"Gadget Free Hour** for all the classes in school from third Week of

December beginning from 20<sup>th</sup> December 2021. The idea behind the activity is that "1 Hour" every week shall be observed as a gadget free hour [Hour can be decided as per the convenience of the family members]. Parents and children are requested to keep away from all gadgets during this hour and indulge in interesting activities or games. Parents of older children may use the time to converse with the children. The children shall be sharing their experiences of **Gadget Free Hour** with their classmates during the week.



This is an initiative to promote family bond among family members by spending quality time together in meaningful and enjoyable way without gadgets.

**Suggested activities which can be held during the Gadget Free Hour.**

1. Play – Indoor games like Snake and Ladder, Carom, Darting, Dumb Charade, Domino, Chess.
2. Dance -
3. Singing -
4. Cooking favourite dish, gardening together.
5. Drawing, painting, colouring etc.
6. Talking or discussing important family issues - family vacation – weekend party – buying important home appliances, like refrigerator, washing machine etc.
7. Listening to stories – discussing story characters, Story-telling etc.

In this regard, to discuss and interact about "Gadget Free Hour" implementation, a virtual Parent Teacher Meeting has been arranged on Sunday 19<sup>th</sup> December, at 5.00 p.m. Kindly ensure that you and your family attend this meeting without fail. Please be in touch with your class teacher in this regard.

Looking forward to your support in this regard,

*"I-phone or computer", the child asked  
"A long walk without gadgets", mother smiled.*

Regards

Principal

