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**LAKSHMIPAT SINGHANIA ACADEMY
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A SUCCESSFUL CHILD = EFFICIENT PARENTING

If you wish your child should sit and concentrate on one thing at a time without getting up, parents then there is a secret to it.

A child responds to instructions differently than an adult. We as adults understand beginnings, ends, targets and deadlines and complete a task. A child takes it differently. He completes a task only if it is made interesting and fun. Children get bored and restless especially before and during examinations.

They have high energy and cannot sit in one place for 2 – 3 hours to study. They need to spend this energy. They don't care for instructions / time tables / schedules if there is no fun incorporated in their work. And if there is fun, they'll love to do whatever they are asked to do. Engage them meaningfully. Some energizers have been suggested to infuse them with vigour and interest and will make studying a happy event.

Parents, an earnest request - Please do not judge them or compare them to your friends' or relative's children. Resist from sharing information with your friends and relatives about your child – good or bad. Let them feel that you love them and that your adulation and affection is not linked to their performance alone.

We had a little talk with our students to energize themselves during their upcoming examinations.

- Study for yourselves. Be responsible for your work as you are studying for your sake, not for your parent's sake.
 - Break the study time into some fun breaks and have titles for them like – CHOOSE WHAT YOU LIKE.
 - # Nimboo pani break – 15 minutes
 - # Horlicks hour - 15 minutes
 - # Wash room emergency - 5 minutes
 - # Snack time - 10 minutes
 - # Walk-in-the-house - 10 minutes
 - # News of the day – TV Headlines – 5 minutes
 - # Chit – o – chat - 15 minutes (Chatting break with friends on the phone, parents, grandparents or anything else)
 - # Energisers like clapping, foot tapping, laughing aloud, giggling, whistling (Every one hour or before and after a study session)
- So children enjoy your new study pattern. Have fun, be interested and above all stay happy, as you are actually studying / working hard for yourselves.

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PRINCIPAL**