

**Dear Students and Parents,**

**While we're at home, we need to take this opportunity to rethink our priorities and come to terms with the fact that when we emerge from the quarantine, the world will be changed and so will all the people in it. Let us look at the positive aspect of this self-imposed isolation. In a world over-run by an access of information, this is an opportunity for introspection and reassessment for all of us.**

**As we sit in fear at home we need to realize the importance of human connections, of the warmth of a hug or even a simple handshake, of stepping out of our homes without fear, which we had always taken for granted. Difficult times will always bring about the best and, unfortunately, the worst in people. Please be kind and compassionate to others. Help as many as you can without jeopardizing your own safety. Do not let fear win.**

**We have always tried to teach you that fear can be overcome by knowledge. Please avoid misinformation being spread on Whats App, always look for reliable sources of information.**

**For the students worried about how their syllabus will be completed, I assure you, that your teachers will manage, and so will you. We are all capable of feats of strength, which we are not even aware of.**

**For the parents worried about how to deal with a child who is confined indoors, my only advice is give them lots of love, spend time with them, and you will be surprised at the complex level of thought they are capable of, of the wonderful human being she is. At school we see glimpses of incorrigible positivity, of unimaginable creativity, of compassion, of enterprise, of so many things so often, and the usual refrain from teachers is, "I wish their parents could see this".**

**Well, now's the chance for you to rediscover, not just your child, but also the child within you. Teach your children skills that cannot be taught in school. Skills that are needed in life, like how to cook, do laundry, wash the car, polish their shoes, sew on a button, iron their clothes, deep clean and most importantly how to respect others.**

***Please spend this time to bond as a family, and to pray together for the world to be a safer place. God bless you all!***

**Principal  
Sister Mary Supreeta A.C**