




NEWSLETTER
MAY - 2023
GRADE VI - VIII



**THIS MONTH, GOD IS TAKING
YOU FROM GLORY TO GLORY!
FROM ASKING TO RECEIVING,
FROM WAITING TO WALKING IN IT.
THIS IS YOUR SEASON!**

**MONTH GONE
BY!
PARENTS
ORIENTATION
2023-2024**



RNM & VIJAYLAKSHMI NARAYANA SINGH MEMORIAL ROAD RACE - 2023



COUNSELLOR'S NOTE:

- **Dear students, congratulations to all of you on graduating to the next level in your school journey!**
- **Let us begin this year with a plan and a smile. 😊**
- **Here are some important points to keep in mind:**
- **Consistency is key, rather than just working hard sporadically. Happy minds learn better.**
- **Engage in activities that bring you long-term happiness.**
- **It is crucial to have a minimum of 8 hours of sleep, engage in 2 hours of physical activity, consume healthy food three times a day, and have open communication to maintain a healthy mindset.**
- **Takeaways:**
- **Eat healthy.**
- **Have fun.**
- **Follow a routine.**
- **Be consistent.**
- **Have an aim.**
- **Get enough sleep.**
- **Talk to your parents everyday.**
- **Wishing you all the best for the upcoming year!**

FIRST DAY of School



IMPENDING EVENTS “WORLD ENVIRONMENT DAY”



