

GREENWOOD PUBLIC SCHOOL ADITYA PURAM, OUR MOTTO - DEVELOPMENT WITH DELIGHT DATE SHEET FOR FINAL EXAMINATION (2016-17)



CLASS VI-VIII

| SUBJECT | VI | VII | VIII |
|--------------------------------|------------------|------------------|------------------|
| 28 th January 2017 | DRAWING | G.K. | COMPUTER(Theory) |
| 30 th January 2017 | G.K. | COMPUTER(Theory) | DRAWING |
| 31 st January 2017 | COMPUTER(Theory) | DRAWING | G.K. |
| 4 th February 2017 | SANSKRIT | SANSKRIT | SANSKRIT |
| 23 rd February 2017 | ENGLISH | ENGLISH | MATHS |
| 25 th February 2017 | MATHS | SCIENCE | SCIENCE |
| 28 th February 2017 | SCIENCE | MATHS | HINDI |
| 02 nd March 2017 | HINDI | SOCIAL SCIENCE | ENGLISH |
| 04 th March 2017 | SOCIAL SCIENCE | HINDI | SOCIAL SCIENCE |

POINTS TO REMEMBER

- Clear your dues and collect your roll card before the commencement of exam
- Come to school in proper uniform during exams.
- ASL in Hindi & English will be taken in the Third week of January.
- Attend revision classes without fail on non exam days. (Timings:- 9:00am to 12:30 pm)
- Carry proper stationery including pen, pencil, eraser, sharpener, ruler, etc. and colour pencil for map work if required.

MOST IMPORTANT

- Exam Timings:- 9:00am to 12:30 pm. (On all exam days the school will get over at 1:00pm)
- Result Declaration: 20th March 2017 Timings: 9:30 am to 12:00 noon.
- New Session commences:- 23rd March 2017



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TIPS TO STAY HEALTHY DURING EXAM

- Stock up your fridge with apples, green veggies, and so forth, so that you'll have lots of great option during study break.
- Try going for a walk or a quick jog as a change of pace every morning
- Take naps to give yourself some mental and physical rest.
- Stay well hydrated. Chose your beverage well, though. Caffeine and sugar should be kept to a minimum.
- Make breakfast, your new study buddy.
- Stay away from Big & oily meals.
- Eat at regular intervals.

TIPS TO MINIMIZE STRESS AND MAXIMIZE LEARNING DURING EXAMS

- 1. Meditate
- 2. Get your body moving
- 3. Practice healthy eating
- 4. Stay hydrated
- 5. Get out in nature and enjoy fresh air
- 6. Take more consistent breaks
- 7. Practice good sleep hygiene
- 8. Avoid cramming
- 9. Study to learn, not for high marks
- 10. Avoid Distractions
- 11. Focus on one thing at a time
- 12. Create a study plan
- 13. Stay positive and confident
- 14. Listen to relaxing music
- 15. Remember to Laugh and Lighten Up

WISHING YOU GOOD LUCK

PRINCIPAL

TIPS TO STAY HEALTHY DURING EXAM

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