



INDIAN SCHOOL MUSCAT
PO Box: 2470, Ruwi, P.C. 112
Sultanate of Oman



ISM/PRN/078/2021-22

September 05, 2021

**CIRCULAR TO PARENTS OF CLASSES V TO VIII
VIRTUAL SESSIONS ON EXAMINATION READINESS & STRESS MANAGEMENT**

Dear Students & Parents,

Greetings from Indian School Muscat!

We are pleased to inform you that the Counselling Department of Indian School Muscat is organizing virtual sessions on **Examination Readiness and Stress Management** for the students and their parents of Classes V to VIII in order to help you prepare for the exams and have lesser stress for your exams.

Parents and Students are requested to make use of this opportunity to equip themselves with the skills and strategies for the examination readiness and stress management. **The meeting link will be shared in the class group on the day of the session.** Please join the session with the student's full name and GR Number 15 minutes before the scheduled time.

| Classes | Day and Date | Timings |
|------------|--|----------|
| V & VI | Wednesday, 8 th September, 2021 | 6:30 p.m |
| VII & VIII | Thursday, 9 th September, 2021 | 6:30 p.m |

With Warm Regards

Dr Rajeev Kumar Chauhan
Principal

