



BBPS/GAR/OL/542/2022-23

09th December 2022

“A healthy mind resides in healthy body.”

Dear Parents

Academic study and athletic training are inseparably linked. They are the two sides of the same coin. Sports help students to stay healthy with good fitness level as in present children are more attracted to junk foods. Daily sports activities help students to maintain a good fitness level. The interest in outdoor games also reduces indoor activities like watching television and video games/mobile mania.

Beyond the obvious health and activity benefits, sports can teach us much about life. It teaches us about teamwork and team spirit. It teaches us to work together to achieve a common goal. Sport is not all about winning; rather, achieving goals, working together as a team, and friendly competition is what sports aim for. Since it is winter time so it becomes even more important to take care of our health and indulge in physical activities and what better than sports?

A school sports day is a red-letter day on the calendar. It is a day when students are freed from their classrooms to jump and run around, freed from the fetters of learning. It is a day for everyone to cheer for these little bundles of joy. It's a day for red faces and perspiration where t-shirts and track pants are the order of the day. School sports day is a day for lots of action and smiling faces. It's a day for victories and defeats, for successes and failures.

We look forward to r enthusiastic and wholehearted participation of your ward in this year's Annual Sports Meet of **classes' I-V**. We would appreciate if you motivate and encourage the children for regularly attending the School as the **heats for Annual Sports Day will begin from 15 December 2022 and Final Meet will be organized on 24th December 2022.**

- Students should be in school T shirt, track pant (school Uniform) and sports shoes for the heats.

“Champions keep playing until they get it right.”

Geeta Bhardwaj
Principal