

**NAVY CHILDREN SCHOOL, 104 AREA, VISAKHAPATNAM**  
**CIRCULAR - 114 /2023**

NCS (104)/07/2023

06 Oct 2023

Dear Parents,

**Bag Less Day Circular Class VII**

Dear Parents,

Navy Children School provides multiple opportunities to students in enhancing their creativity and emotional well-being.

An integrated platform of art, craft and play is necessary for children to learn with joy. For this purpose, Bag Less Day has been introduced in School. As the name suggests, on the Bag Less days, children will not carry the bag with books to school and do not engage in regular academic activities.

One day is exclusively dedicated to nurture the other (Non- academic / Co-curricular) aspects of child's growth and make learning more fun and holistic. The focus areas on these days will be on Life skills, English language skills enhancement, physical and fun activities. This is as per the requirement of both CBSE & NEP.

**DATE: 7 October 2023**

Note:

- School will follow regular school timings on No Bag Days.
- Buses will ply as per regular school timings.
- Students to wear regular school uniform.
- Students to carry their snacks and water bottle as usual.



(Mrs.D.Srividya)  
Vice Principal

**BAGLESS DAY ACTIVITIES (07.10.2023 – SATURDAY)**

PERIOD	7 P	7 Q
1 – 5	Sports activities	Sports activities
6	English –Making of book mark	Science – Checking pulse by pulsometer.
7	Science –To teach how to make compost at home with kitchen waste	Hindi - वाचनकौशल Speaking Skills Assessment तुरंतभोजन (fast food) सेहोनेवालीदुष्परिणामोंकेबारेमेंछात्रएक मिनटभाषणकेरूपमेंप्रस्तुतकरेंगे।
8	Social Studies - Draw picture of the monument Red Fort (Delhi) on an A4 sheet	English –ASL (speaking skill)