

Dear Parents,

Greetings from **The Millennium School, Greater Noida (W)**!

This is to inform you all that we conducted an **online session on "Ensuring Academic Excellence With Structured Sports Education"** on **January 11, 2023**, in association with **Mr. Srisha B. R. (Director at Da One Sports)**, for parents and students of **grades V to VIII**. Mr. Srisha B.R. is an ICC-level two cricket coach with a degree in sports management and overall eight years of experience. He specialises in cricket coaching, curriculum development, coach training & sports management for schools and colleges. He was an under 17 & 19 zonal cricketer for KSCA and is currently leading the sports curriculum and training for students at TMS.

The interactive session emphasised the **"Significance of sports in students' lives and how it can develop academic excellence, life skills, and good character."** It generated awareness so that parents could motivate children to actively pursue sports and help them develop good sportsmanship through it.

In addition to ensuring **physical fitness, mental agility**, and a **healthier lifestyle**, sports also develop **self-esteem, leadership**, and **professional skills**, thereby contributing to the overall well-being and future prospects of children. The session was held to help students:

- Explore various options and identify a sport of their choice,
- Develop values and skills that are needed to succeed in academic as well as professional life (like curiosity, collaboration, wisdom, grit, optimism, control, self-discipline, etc.),
- Hone additional skills from other sport-related activities (e.g., following guidelines, managing a sports committee, volunteering for the organisation of a match, etc.), &
- Use quick thinking and defensive play strategies to sharpen their decision-making and problem-solving abilities.

While quoting a **2019 UNICEF study**, which mentions that **"Every child must engage in a sport or rigorous physical activity for at least 45 minutes a day,"** Mr. Srisha B.R. highlighted the need and importance of active participation in sports, especially in today's fast-paced life.

With reference to the key takeaways of the session, **we call for the parents to actively involve themselves and support their child's extracurricular endeavours** by:

- Learning about sports and encouraging child's participation,
- Attending their matches and talking about them afterward,
- Setting realistic expectations and goals for the child,
- Allowing children to share their on-ground experiences about the game and team interactions,
- Applauding their efforts and encouraging healthy competition among youngsters,
- Providing emotional support and positive feedback at regular instances,
- Modelling respectful spectator behaviour.

By acknowledging children's efforts and teaching them to handle the victories, failures, losses, setbacks, and challenges of a game, we can support the development of athletic skills, strong values, and belief systems.

Keeping up with this thought, **The Millennium School already implements an age-appropriate, structured sports curriculum for all grades**, in association with Da One Sports. We would like to take this opportunity to reinstate the fact that sports are a significant part of our educational system. Our sports curriculum stimulates curiosity, observation, creativity, and recognition through **formal and informal playtime**. During the sports class, our educators demonstrate values like integrity, self-control, teamwork, respect, order, etc. that are equally important in real life. They give **every child an equal chance to pursue a sport of their choice**. The abilities students demonstrate on the field are identified, so they could be further worked on to take their performance to the next level.

We believe that our collective efforts can ensure the translation of positive attitudes, behaviours, and learnings demonstrated in sports to the careers and overall lives of our students.

We look forward to arranging similar interventions in the future so we can collaborate with parents to create more growth opportunities for our students.

Best regards,



Dr Himani Tyagi

Principal, The Millennium School, Gr. Noida (W)