



**Circular-08 A /2025-26AY**

**Date: 12.04.2025**

Dear Students and Parents,

At AVIS, we believe that discipline and positive habits form the foundation of academic excellence and personal growth. To ensure a safe, respectful, and enriching environment for all, the following **Ground Rules** must be followed by every student during the academic year.

**Let us remember:**     ***"Excellence is not a skill, it is an attitude."***

We seek your cooperation in reinforcing these expectations at home, as consistent support between school and family helps students thrive.

### **Ground Rules for Students ( At school )**

1. Be punctual and attend school and classes on time.
2. Wear the correct uniform and adhere to the dress code.
3. Maintain a positive attitude at all times.
4. Complete all tasks and homework punctually.
5. Come prepared with all required books, stationery, and materials.
6. Respect classmates, teachers, and school property.
7. Listen actively and attentively when others are speaking.
8. Raise your hand to speak or seek permission.
9. Walk safely; avoid running inside the school premises.
10. Keep your hands, feet, and objects to yourself.
11. Use kind, respectful, and encouraging words.
12. Help others and ask for help when needed.
13. Speak only in English during school hours.
14. Communicate politely and respectfully with everyone.
15. Maintain a balanced diet and stay hydrated.
16. Use social media minimally and responsibly.
17. Take responsibility for your actions and behaviour.
18. Keep the classroom and school environment clean and tidy.
19. Participate actively and enthusiastically in all activities.
20. Always give your best effort in everything you do.

We are confident that by adhering to these guidelines, students will not only achieve academic success but also grow into responsible, compassionate, and confident individuals.

Let us work together to make this academic journey meaningful and memorable!

We recommend to have Ground rule at home also for a Happy stress free atmosphere.

## **Golden Ground Rules for a Happy, Strong Family (Led by Parents)**

### **1. Parents Lead by Example**

– Live the values you want your child to carry. Show honesty, kindness, respect, discipline, and spirituality through your daily actions.

### **2. Family Wake-Up and Exercise Together**

– Start the day early as a family. Simple yoga, stretching, a walk, or breathing exercises every morning builds both health and togetherness.

### **3. Tech-Free Home Hours**

– Set fixed hours (e.g., 6–9 AM and 6–9 PM) as gadget-free time. No TV, phones, or social media. Focus on real conversations and activities.

### **4. Cook and Eat Together**

– Involve everyone in kitchen activities. Teach your children simple cooking skills, and have at least one family meal together every day.

### **5. Daily Reading Time (Spiritual + Life Skills)**

– Dedicate 30 minutes daily to reading books. Choose a mix of spiritual, moral, and life skill-based reading suitable for all ages.

### **6. Quality Family Time + “Me Time”**

– Balance family bonding time (playing games, talking, working together) by giving children personal space to explore independence.

### **7. Career Awareness and Mentoring**

– Regularly talk to your child about different career paths. Observe their passions and skills early, and gently guide or mentor them without forcing.

### **8. Life Skills Training at Home**

– Teach basic life skills: time management, decision-making, problem-solving, cooking, cleaning, financial basics, and emotional resilience.

### **9. Respect and Preserve Culture + Nature**

– Celebrate traditions, festivals, rituals and spend time outdoors in nature. Teach kids the importance of the environment and family heritage.

### **10. Sleep and End the Day Together**

– Wind down as a family. End with gratitude (discuss good moments of the day), a small prayer or positive talk, and sleep early.

Thank you for your continued support.

**Ms Vanaja**  
**Principal**

Mail id - [principal@avinternationalschool.org](mailto:principal@avinternationalschool.org)  
<https://www.avinternationalschool.in/>