

**QUEEN'S VALLEY SCHOOL
PARENTAL CIRCULAR FOR CLASSES IX-XII**

QVS/2018-19/CC-9

Friday, 27th July, 2018

Dear Parents

Sub: Mainstreaming Health and Physical Education in Schools

This is with reference to **CBSE circular no. Acad-10/2018** dated 21.03.2018 regarding mainstreaming Health and Physical Education in Schools.

Health is often a state of physical, mental, emotional, social and spiritual well-being and not merely the absence of disease or infirmity. The CBSE has decided to introduce and mainstream Health and Physical Education (HPE) for **classes IX to XII** with the aim of holistic development of the child, leading to a well-balanced individual in all walks of life.

Therefore, CBSE has provided a focused curriculum for Health and Physical Education and SEWA (Social Empowerment through Work Education and Action) imbued with Life Skills. **This program is compulsory for all schools affiliated with CBSE w.e.f. academic session 2018-19.**

- According to the new format of HPE, each student has to undertake activities categorised under four strands:

STRAND 1	STRAND 2	STRAND 3	STRAND 4
GAMES SPORTS (at least one of following) a) Athletics or swimming b) Team Games c) Individual Games d) Adventure Sports	Health and Fitness	SEWA (Social Empowerment through Work Education and Action)	Health & Activity Card – for record (By school)

- All the activities under Strand 1, 2 and 3 will be thoroughly evaluated and recorded by the school as evidence for CBSE.
- Every student is compulsorily required to maintain a personal portfolio with all the recordings in the record sheets provided on the school website: www.queensvalley.in
- The students will be evaluated on the basis of individual portfolios and school annual records and cumulative grades would be sent to the CBSE.
- Students are registered with CBSE in IX & XI and are re-registered for Board in X & XII. This would be possible only after the CBSE has checked the individual student records for the aforementioned strands.

Looking forward to your support to make this initiative a success.

(The CBSE circular(available on http://cbseacademic.nic.in/web_material/Circulars/2018/10_Circular_2018.pdf) highlighting the same has also been uploaded on the school website: www.queensvalley.in for reference)