



All Saints High School

Shilpakar Education Society
Serving Education since 2001



UDISE → 2721011 6302

CBSE SCHOOL CODE 30052

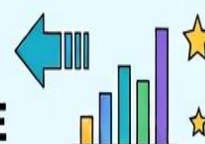
CBSE AFFILIATION → 1130087

Session 2025 -2026
July 2026_Monthly News letter

<u>Jr. KG</u>	<u>Sr. KG</u>	<u>Std 1</u>	<u>Std 2</u>
<u>Std 3</u>	<u>Std 4</u>	<u>Std 5</u>	<u>Std 6</u>
<u>Std 7</u>	<u>Std 8</u>	<u>Std 9</u>	<u>Std X</u>



YOUR EXAM SUCCESS BLUEPRINT: EIGHT ESSENTIAL STRATEGIES FOR PEAK PERFORMANCE



1. AVOID DIGITAL DISTRACTIONS.



SHUT DOWN OR SILENT DEVICES AFTER 9 PM.
ENSURE A TECH-FREE END TO THE DAY.

2. PRIORITIZE 8 HOURS OF SLEEP.



CONSOLIDATE SHORT-TERM
MEMORY TO LONG-TERM

3. FUEL WITH PROTEIN-RICH DIET.



SUSTAIN MENTAL STAMINA.
AVOID SUGAR CRASHES.

4. DON'T SLOG THE DAY BEFORE.



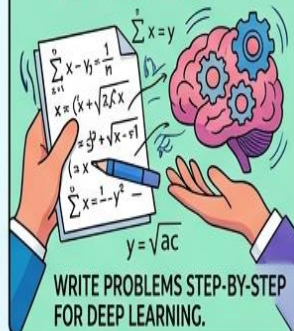
CONDUCT TARGETED, EFFICIENT REVIEWS.
USE KEY SUMMARIES AND MIND MAPS.
AVOID CRAMMING NEW INFORMATION.

5. RECITE ALOUD FOR MEMORY.



ENGAGE AUDITAYS.
REINFORCE CODING.

6. PRACTICE MATHS: HAND TO HEAD.



WRITE PROBLEMS STEP-BY-STEP
FOR DEEP LEARNING.

7. VISUALIZE THE CONCEPT.



USE DIAGRAMS, CONCEPT MAPS, AND
FLOWCHARTS. ENGAGE YOUR SPATIAL MEMORY.
LINK IDEAS TO REINFORCE UNDERSTANDING.

8. STUDY WITH PHYSICAL MATERIALS.



PRIORITIZE BOOKS, HARDCOPY NOTES, AND PAPER-
BASED PRACTICE. REDUCE DIGITAL OVER-RELIANCE.

*Results may vary with individual consistency.