



THE ADVENT SCHOOL
CIRCULAR- STUDENT COUNSELLING SESSION
CLASSES 8 & 9

17th Jan. 2026

Dear Parents,
Greetings!

The school is organizing a free-of-cost Counselling Session for all students of **Grades 8 and 9** to **support their academic and emotional well-being**.

Date: **Saturday, 24th January 2026**

Topics to be covered:

1. Managing Exam Stress & Anxiety
2. Effective Time Management
3. Smart Study Strategies

The session aims to help students develop healthy coping mechanisms, plan their studies efficiently, and adopt effective learning techniques to perform better in examinations with confidence.

Attendance is compulsory for all students of Grades 8 and 9. Students are expected to attend the session sincerely and participate actively.

Warm regards,

A handwritten signature in green ink, appearing to read 'Shankar', is written over a horizontal line.

PRINCIPAL