M.M. PUBLIC SCHOOL

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"Celebrating 58 Years of Excellence in Education"

MMPS/Circular/22/2026 Dated:-31-10-2026

Request to Ensure Regular Sleep Routine of Students

Dear Parent

Greetings!

It has been observed that a few students from Class LKG to XII tend to feel sleepy / fall asleep during the ongoing teaching periods in class. This hampers their academic understanding, retention and overall learning, and even after coming to school, their time is not utilized effectively.

One of the possible reasons for the same may be sleeping late at night at home, due to which they remain lethargic and drowsy during school hours.

In the best interest and well-being of the students, you are requested to inculcate the habit of sleeping early and waking up early in your ward, even on holidays, so that their body clock follows a regular routine easily and they are active and attentive in school.

This will enable them to derive maximum academic and co-curricular benefits by coming to school.

Your cooperation in this regard will be highly appreciated.

Warm Regards,

Mrs. Rooma Pathak
Principal
M.M. Public School