

Tender Heart High School, Sector 33-B, Chandigarh

**Notice – Regarding Active CISCE Physical Health &
Fitness Assessment Programme**

Dated : 07.02.2026

Dear Parents

This is to inform the parents of Class I to Class III that the Physical Health & Fitness Assessment of students who were absent on the scheduled assessment dates will be conducted on Monday, 09.02.2026, on the school premises.

Students are required to come in proper sports uniform (House T-shirt, track pants, and sports shoes). Parents are requested to inform the class teacher in advance if the child has any medical condition.

Kindly ensure the presence of your ward on the rescheduled date to facilitate the completion of the assessment.

Tender Heart High School