

**Tender Heart High School, Sector 33-B, Chd.**

**Notice Regarding Volleyball Practice for Girls & Boys**

Dear Parents /Students,

Dated: 27.09.2025

This notice is to inform that Volleyball practice for Girls and Boys will be started in the school from 29.09.2025 (Monday) to 03.10.2025 (Friday). As this practice session is scheduled before the commencement of the Second Term, it will be conducted during the above-mentioned dates in the morning. Thereafter, from 6th October 2025 onwards, the practice will continue during school hours. The above practice will be from 8:00 a.m. to 10:30 a.m.

All students may kindly have a light breakfast at home and also carry a very light tiffin for which a 10 minutes break will be given as also students should come in proper sports uniform. Students will make their own arrangements for transport for these 4 days of practice.

Sports Teacher

Ms. Kirandeep Kaur