

(05.12.2018)

**ASSEMBLY SPEECH BY OUR SENIOR PRINCIPAL
MUSIC, A GREAT STRESS RELIEVER:**

- Music Silence, our stress, worry and unease.
- Listen to music for 15 minutes a day.
- Listen alone in less volume and with more music than word.

WORD OF THE DAY:

Archaic

Synonym: Outdated

Antonym: modern