



Shri Minds

Wellness Newsletter

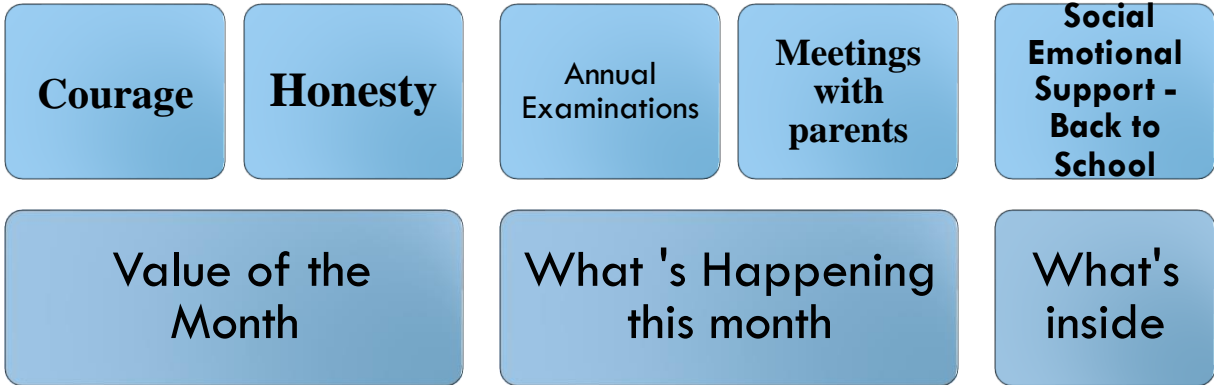
Dear Parent,

Namaste!

We take pride in sharing the second edition of Shri Minds. In the first edition, we had written about when to seek a counsellor's help. It was heartening to note that many parents and children connected with the counselor to share their concerns.

The second edition of this newsletter will help to provide you with the necessary tools and tips to keep our children ready to be back in school after a two-year hiatus.





It gives us immense joy to see the readiness and enthusiasm of parents, teachers, children and our school administration to have children BACK IN SCHOOL .

Supporting your child's Social and Emotional health

How can parents help children navigate their feelings when they return to school?

Starting school or starting a new school year can be stressful at the best of times, let alone during a global pandemic. Children may feel nervous or reluctant to return to school, especially if they have been learning at home for months.

Many children may have receded into their comfort zones and shells, and may not find it easy to speak to people all over again. At such times, one can take small steps into making children feel comfortable and more aware. We need to motivate them to speak up and share their emotions. Conversing openly without judgement encourages children to express themselves better and gives them the reassurance that they're safe.

Orientation Programmes for Students and Parents

A new beginning calls for newer measures. Orientation programmes for children and parents is a great way to break the ice and make students feel more at ease while they're at school. Through this programme, children get to know more about their daily learning schedule once again, meet and greet teachers, explore co-curricular activities, which gives them a better sense of belonging and adventure at school. Attending these will be more than helpful!

Set Small, Achievable Goals

Change is a good thing when it's balanced and calculated but sudden change can often lead to anxiety. Switching from the world of online learning to a 'back-to-school' set-up is not easy for a child. Hence, if a child feels nervous about jumping back into school life, we can set micro goals and help them by navigating their classroom.

Prioritize mental health for children

The pandemic has made everyone more anxious and stressed, especially children. This sudden shift in lifestyle has given rise to numerous mental health issues in children. At such times, instead of emphasizing a child's learning gaps, all of us need to focus more on a child's growth over the past two years. With more openness about understanding a child's mental state, teachers and parents can appreciate their grit and resilience in cruising through this challenging times.

Spending the whole year in front of the computer can make them feel highly non-competitive and disconnected. Thus, students need to be kept engaged through various activities and other learning initiatives both at home and school. An excellent attendance record and active participation can be the key to bridging the prevalent learning gaps and strengthening the bonds. Thus, the focus of the school

year is going to be to promote socio-emotional health while working on the learning gaps.

Acknowledge their feelings

It is important to realise, recognise, and respect that our children might feel very differently about their return to school than adults. Some children are worried that they will miss their parents, their siblings and pets, worried about being behind, or worried about getting sick or worried about the changes in their appearance or their peer group. Their social confidence might have suffered. Many students might find it difficult to readjust to the structure and pace of school.

Watch out for the ‘grass is greener’ syndrome

During virtual learning, the students complained about being bored at home and wished to be at school. Now that they’re at school, their greatest complaints are about not being able to snack when they want to and not having as much freedom during the day as they used to have at home.

Model Gratitude

Teachers and the staff body of the school are working more than overtime to provide education, a clean environment, and a sense of stability for our children.

It goes a long way to hear parents and children say Thank you for what the essential workers at school and beyond are able to provide.

Don’t stress too much about the long-term effects of this temporary disruption, but working together with the teachers will help children be successful.

How can I Gently Check in to See How my Child is Coping?

It’s important to be calm and proactive in your conversations with children – check in with them to see how they are doing. Their emotions will change regularly and you need to show them that’s okay.

Whether at school or at home, caregivers can engage children in creative activities, such as playing and drawing, to help them express and communicate any negative feelings they may be experiencing in a safe and supportive environment. This helps children find positive ways to express difficult feelings such as anger, fear or sadness.

As children often take their emotional cues from the key adults in their lives – including parents and teachers – it is important that adults manage their own emotions well and remain calm, listen to children’s concerns, speak kindly and reassure them.

Source: UNICEF

We are pioneers and champions just for making it through. We need to praise our children, each other and ourselves for every effort we’ve made in our communities to help bring an end to this pandemic.

One day we’ll get to look back and say, “Remember when?” Until then, stay informed and stay safe, taking care of yourselves, our children and each other.

If you have any questions and /or concerns, please feel free to connect with me via email at Sangita.karan@tsushyderabad.com

