

Shri Minds Wellness Newsletter



Namaste Parents and Children,
We are delighted to be back on campus and meet our young Shriites after the Summer break. Back-to-school is always an exciting time for us at TSUS-H and we are all geared up to set sail for the academic year. This year we have Ms. Rajitha who has joined our team as the Behaviour Therapist. As usual, we bring our readers some fascinating insights, handy tips and interesting activities.

So lets dive in...



Whats Inside???

- Back to School
- Kokoro
- Summer Self Care
- Shri Reflection
- Let's Meet

Wellness Happenings

- Parent & Teacher Empowerment Talk By Untaboo.
- My Body My Rules Session on Safe and Unsafe Touch.

EMBRACING NEW BEGINNINGS: THE JOURNEY BACK TO SCHOOL

As summer comes to an end and the cool embrace of monsoon blows, it marks the beginning of an exciting and transformative time for students worldwide.

The return to school is an annual rite of passage, a fresh start, and an opportunity for progress. It sparks a desire to excel and evolve. It is a time filled with excitement, growth, and possibilities. We are here to explore the significance of going back to school, the anticipation it brings, and the myriad of experiences that await as you embark on this educational adventure.



Renewed Purpose and Goals:
a time of renewed purpose and an opportunity to set new goals, to reflect on your achievements from the previous year, learn from your experiences, and chart a course for personal and academic growth.

Reconnecting with Peers and Teachers:

a chance to share stories, create new memories, and rekindle friendships, forming a bond with classmates and educators in creating a positive and supportive learning environment which fosters collaboration and personal development.

Developing Life Skills:

engaging in teamwork, problem-solving, time management, and effective communication to learn essential life skills that prepare you for the challenges beyond the classroom to thrive in an ever-changing world.



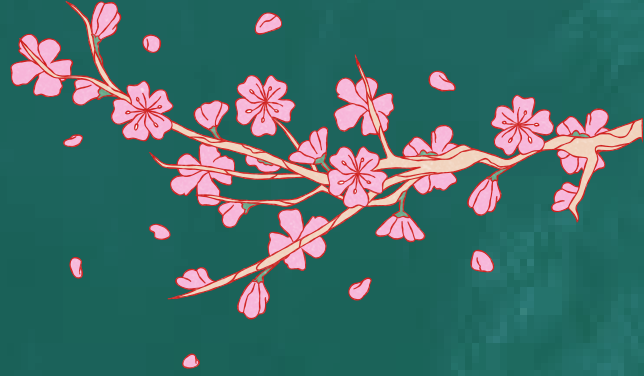
Avenues for Learning and Exploration:

an opportunity to expand your knowledge, discover your talents, and develop critical thinking skills in a structured environment that offers diverse avenues for learning and exploration; having access to a wide range of subjects that stimulate your curiosity and ignite your passions.

By embracing the opportunities presented within the educational realm, you can cultivate your talents, acquire essential life skills, and forge meaningful connections. As you step through the school doors, you embark on an adventure that will shape your future and lay the foundation for your dreams.

KOKORO

Kokoro is a Japanese word that can be translated as "heart," "mind," or "spirit." It represents the core of a person's being, encompassing their emotions, thoughts, and intentions. It encourages self-reflection, mindfulness, and empathy, fostering a deeper understanding of ourselves and those around us. Understanding and nurturing one's kokoro is essential for personal growth, well-being, and building meaningful connections with others.



Summer Self Care



lay back
'n' relax



read a book

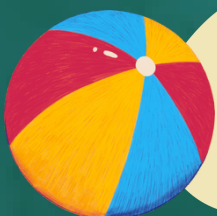


work on
loving
yourself

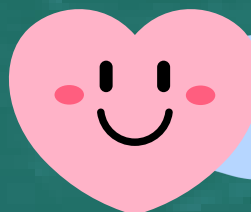
stargazing
under clear sky



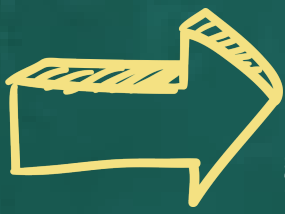
hydrate
yourself



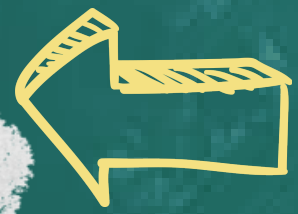
Have fun



check in
with your
emotions



Shri Reflection



“Inclusion is not bringing people into what already exists; it is making a new space, a better space for everyone.” - George Dei

The above quote is meant to inspire and accommodate individuals with special needs, reminding us all of their inherent worth and potential. I have been fortunate enough to learn and witness Inclusion at TSUS-H.

Not so long ago, I was introduced to a learner with special needs. Some peers in the class were curious and observant about this child and somehow, he was labelled as a ‘special child’. They took it in their stride that a ‘special child’ is less capable and is not equal to them. Hence,

it’s okay to stay away and not involve them in their regular playtime or talks.

Given the sensitive nature of the event, an internal conflict played within me- to address this concern or not. A quick discussion with the coordinator helped us decide to entrust this responsibility with the School Counselors from the Wellness Department. As expected, the Counselors were prompt in taking this up and were in the class to ‘talk’ to the students.



Students were educated about inclusion and inclusive practices focusing on celebrating differences, showing empathy and not being judgmental towards others. The message that labels belong to clothes and commodities and not people was well iterated loud and clear. It was a pleasure to watch young minds being ignited to think beyond the usual.

Let's Grow Together

Our Shri learners came up with situations and strategies where they can make a difference to a differently abled learner's life. The result was terrific. The learners not only understood the need for inclusion but also learnt that words and actions have great impact which can make or break one. Rather than finding differences, let's find what binds us together as people .

My heartfelt thanks to the Wellness Department and Shri Sparsh Department for being just a call away and ready to always help dedicatedly. I would like to end my note with an anonymous yet powerful quote-

"The power of the human spirit is stronger than physical or mental disability."

-Ms. Mitrani Mitra

Shri Educator-

English (Primary)



Let's Meet: The Team



We are a team of dedicated professionals here to support you on your academic and personal journey. With our combined expertise and experience, we are equipped to assist you in navigating challenges, setting goals, and reaching your full potential.



Ms. Sangita Karan

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Ms. Samprikta Datta

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We believe in creating a safe and inclusive environment where you can openly express yourself and seek guidance.



We're here to lend a listening ear, provide valuable support, and empower you to overcome any obstacles you may face. We look forward to meeting you and working together to ensure your academic, emotional, social success and well-being throughout your school years.



Ms. Rajitha Gandham

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Eagerly awaiting to hear from you!