

Ref. No. St.CPS/ 2024/25/ SP/36

Circular

Dated: 06.12.2024

Subject: Advisory for Parents and Students

Dear Parent,

At St. Cecilia's Public School, we aim to create a safe, secure, tolerant, respectful and supportive environment for all students. Keeping in view, the disturbing news that we receive about unfortunate episodes of uncontrollable anger and violence amongst young children, we seek the support of parents to maintain a peaceful and harmonious atmosphere for the mental growth and stability of the children. Parents must ensure that they spend quality time with their children at home, patiently listen to their daily routine activities and guide them towards becoming happy and healthy individuals.

Anger is a natural emotion, but how we express it is important. Using physical aggression or violence not only hurts others but also damages relationships, trust and the overall well-being of everyone involved. We encourage you to teach your ward to practice self-control and find peaceful ways to handle difficult emotions.

If you observe any change in your ward's behavior which reflects negative emotions or if your ward is facing difficulty in dealing with anger, then you must inform the school counsellor/coordinators as well as trained teachers who are wellness ambassadors. We are always there to help students to cope with negative thoughts in a healthy and constructive manner. The school is always conducting Interactive wellness sessions for students and will plan and conduct more on this pressing issue. The School Co-ordinator/ Counsellor will also share some strategies to manage anger which you can discuss with your ward and also practice yourself.

Always remember that using violence or aggression in any form is against school rules. It not only disrupts the learning environment but also negatively affects your ward's academic progress and personal growth. Remember that every action has consequences. Our school community values kindness, respect and peaceful conflict resolution.

Inderpreet Bhumra
Principal