



October 09, 2017

Dear Parents,

I wish to convey that, with the grace of God, the first term of the current academic year has concluded, and I hope and trust all the students performed well in their First Semester Examination.

Students, as also parents, must be looking forward to the ensuing festive season and would be busy in preparing/ planning, to make the best of the Diwali vacation. While fully enjoying the ensuing break, I, however, wish to remind students, that time is very precious for all of us. We should therefore not waste it, but spend it very thoughtfully in a constructive way. Looking at the global competition, one must remember the dictum of Darwin's theory of '*survival of the fittest*'. Students must strive hard to augment knowledge and enrich their personality. Many short-term vacation courses are available. Students should opt for the one, which appeals them the most –e.g. short term courses for arts/ craft, sport, personality development, language enrichment, physical fitness, different art forms (singing, dancing, acting), etc.

In practically all my circulars, I reiterate my advice and request you not to overlook certain vital facts concerning upbringing of your dear children –

- Students' security, in these days of rising crime rate, will continue to receive top priority. The network of CCTV cameras, on the floors and in the campus, has been upgraded and fine-tuned for better monitoring. Lady attendants are stationed near the girls washroom & also in the school buses. The gate security has been tightened. Parents are requested to note that it is compulsory to carry their School I-Cards every time they visit the school. Gate-keepers have been strictly instructed not to allow any parent not having his/ her I-Card in the school premises. Please cooperate and do not argue with the security personnel, as these rules are framed to ensure your own child's safety and security.
- It is my observation that after picking the children from school, especially primary and pre-primary, the mothers are busy talking with each other & the children are playing and running near the road. Safety & security of these children is at a greater risk. Instances of child kidnapping & child trafficking are on the rise in Mumbai. One such incident happened with a student of our school. The girl was standing with her mother in Yogi Nagar & a rickshaw passed by & forced the girl inside the rickshaw, luckily the girl fought back and freed herself. The parents registered a complaint & it seemed a possible case of child kidnapping for trafficking. Parents need to be careful & make their children aware of such incidents, especially girls. There are big international rackets of child trafficking wherein the girls are sold to Arab countries or the children are made to beg. So, I request you all parents to please be alert to safeguard your children.
- Apart from tuning ourselves intellectually, it is equally important to attune physically. Your as well as your child's health are very precious assets. Please take good care of the health. As per published survey, our city has second highest number of overweight/ obese school children and this is attributed to increasing exposure to junk food and highly reduced physical activity due to excessive watching of TV, playing video/ mobile games, rather than involving themselves in any outdoor activity or game. Life of the people in a city like Mumbai is shorter compared to elsewhere due to air & water pollution as also stressful lifestyle. Please take note of this serious trend and take corrective action by drawing children away from passive/ sedentary engagements and activities and push them to the ground. A simple fitness routine like taking a regular walk in the garden, opting to climb stairs instead of lift, performing yoga & such exercises, coupled with moderate food habits is the only requirement to remain fit and healthy. Please take utmost care of health -which is our very precious asset.
- Please avoid using common plastic containers to pack child's tiffin/ drinking water. It has been widely acknowledged that plastics release harmful cancer causing/ poisonous chemicals (BPA) into the contents, which we consume.
- I would also request you to please handle your child with great care, intelligence and patience. Rather than resorting to beating children, please take good care of them. At the same time, please do not pamper and spoil your children by giving expensive/ unwanted things/ gadgets, which they do not need or deserve –even if you can afford it. Please steer them towards educational and knowledge imparting channels like National Geographic, Discovery, Animal Planet, etc.
- Please avoid/ minimise use of mobile phones, which are extremely harmful in the long run due to its radioactivity and EMF radiation. Children have softer skulls and they are more susceptible to be affected by mobile phones. Please avoid giving it to the children and also minimise the duration of your talk. It is also very necessary to keep a watch on the child's mobile phones. I caution parents of girl child to be more vigilant. Please monitor the type of their friend circle and families, etc. and guide them if they are tending to go off course.

- Unrestricted/ unmonitored access by children to the Internet can become a very bad influence.
- In the virtual world of the internet, both good and bad content abound. Please therefore keep a watch. Children should avoid the use of social networking sites like Facebook, Twitter, WhatsApp, etc. Never upload your personal details like contact numbers, address, photographs on such sites as the access is wide open and bad elements can misuse it to land you into immense/ unimagined problems. Also do not post any bad/ offensive or derogatory remarks/ information about third parties. The cyber cell of Police Department is technologically very strong to quickly catch offenders and very stiff penal provisions are there for offenders. Parents are also advised to refrain from forwarding fake messages on social media. Do not believe in any rumors. Parents please be watchful in these matters and avoid regrets later.
- Society seems to be degenerating and physical abuse against girls is on the rise at an alarming level. It is vitally important, therefore, to rightly educate, equip and empower the vulnerable girl child with self defence skills like judo, karate or such other form of martial arts. Children should be taught the importance of immediately notifying the parents/ teachers about any adverse incident for taking prompt and corrective action. This also applies to small children in the age group of 3 to 5 years who are highly vulnerable and mothers need to educate them about good and bad touch and how to tackle such situations/ report to parents/ teachers/ elders. Also, do not allow your children for sleepovers at their friend's house.
- People nowadays are falling prey to fraudulent phone calls and loosing their money by giving their credit card and bank details. Please refrain from giving your bank or card details as a bank already has the details of its customers and will not ever call to ask for the same.
- Many a times at school, students are found to be communicating in their mother tongue. This is due to lack of confidence in the English language. This can be a problem when they grow up and go to college or foreign Universities, where communicating in English plays an important part. Emphasise more on spoken English. It is said that today's Readers are tomorrow's Leaders. There is a severe dearth of good leaders in society. Groom the children by providing the right exposure to quality books, activities. Please also ensure that the children are able to acquire a strong command over the English Language. This will stand them in very good stead when they grow up.
- Students must refrain from verbally and/or physically bullying or abusing other students –in or outside the School. In case you have any problem with any student, immediately bring it to the notice of the School Administrator, Teacher, Headmistress or Principal. School uniform policy including civilized hair cut should be followed by the boys. Stylish, trendy haircut and sporting tattoos is strictly not allowed.
- Values play a vital role in the upbringing of the children. Please spend your QUALITY TIME & impart values of honesty, truthfulness, respecting the elders, teachers & parents to enable them to develop a strong upright character. There have been many instances nowadays, where the children are found back answering teachers, throwing tantrums and getting into fights with their classmates. This is due to lack of values and this makes the administrative work and the smooth functioning of school more difficult. Children are becoming more violent and disrespecting teachers & parents. Values play a vital role in today's scenario. Challenge is not only to become intelligent and smart but also to become a good human being. I request parents to set an example for your children and be a role model, so that they emulate you, inculcating the values and virtues of life. "Values are not taught, they are caught". Make children emotionally and mentally stronger so that they can face any global challenges.

While concluding, I along with my colleague Mr. Sandeep Goenka, would like to thank all the parents for their consistent and valuable support and cooperation. I wish to assure all the parents that I will spare no efforts to provide the best possible learning environment to the children. Lastly, I urge students to enjoy the Diwali safely as also safeguard against noise and air pollution.

*Wishing You All a Very Happy Diwali & a Prosperous New Year.*

(Yogesh Patel)



Director