

GLS/C/1166-26

CIRCULAR

09 January 2022

**NEWSLETTER - INSIGHTS (VOL.20) -
EMPOWERING CHILDREN TO RISE ABOVE BULLYING**

Dear Parents,

We are pleased to share the latest edition of our school newsletter, **“Empowering Children to Rise Above Bullying”**, which focuses on a very relevant topic - **understanding bullying, recognizing its signs, and supporting children in building resilience, empathy, and healthy relationships.**

Bullying, whether physical, verbal, emotional, or online, can significantly impact a child's emotional wellbeing, self-esteem, and sense of belonging. The newsletter provides valuable insights into:

- Understanding what constitutes bullying versus normal peer conflict
- Recognising early warning signs that a child may be experiencing or engaging in bullying
- Practical guidance on how parents can support their children effectively
- Encouraging positive behaviour, empathy, and healthy relationships

The partnership between parents and the school plays a crucial role in creating a safe, respectful, and nurturing environment for our students. By being informed and proactive, we can work together to empower our children to handle challenges confidently and compassionately.

We strongly encourage you to read the attached newsletter and discuss its key messages with your child, as age appropriate. Should you have any questions or require further support, please feel free to reach out to our school counsellors, whose email ids are provided in the newsletter.

To access detailed information and valuable insights on this important topic, please read the [Newsletter - Insights \(Vol.20\) - Empowering Children to Rise Above Bullying.pdf](#).

If you are unable to access the link, please find the attached newsletter for easier access.

Thank you for your continued support and cooperation in fostering the wellbeing of our students.

Warm regards,


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