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CIRCULAR

23 February 2026

INSIGHTS (VOL.21) - NEWSLETTER - ONLINE TRENDS, OFFLINE EFFECTS

Dear Parents,

We are pleased to share with you **Volume 21 of our school newsletter –INSIGHTS: The Journey Within**, focusing on the timely and important topic: **“Online Trends, Offline Effects.”**

[Newsletter -Insights\(Vol.21\) – Online Trends, Offline effects.](#)

In today’s digital world, viral social media challenges spread rapidly among students through platforms such as TikTok, Instagram, and YouTube. While some trends may appear entertaining or harmless, others can pose serious risks to students’ physical safety, emotional wellbeing, and decision-making.

This edition of the newsletter highlights:

- Why children are drawn to viral online challenges
- The psychological factors behind peer pressure and fear of missing out (FOMO)
- The positive and negative impacts of online trends
- Examples of dangerous challenges reported globally
- Key red flags parents should watch for
- Practical steps parents can take to guide children safely

As partners in your child’s growth and wellbeing, we encourage you to read this newsletter carefully and initiate open conversations at home about responsible digital behaviour. Building awareness, trust, and strong communication channels will help our students make safe and thoughtful choices in an increasingly connected world.

For any concerns or guidance, parents may reach out to our school counsellors:

- Ms. Reshma Rachand
- Ms. Reeba Mariam Oommen
- Ms. Meghna George

Email contacts of the above-mentioned school counsellors are available in the [Newsletter -Insights\(Vol.21\) – Online Trends, Offline effects.](#)

Thank you for your continued cooperation in nurturing responsible, confident, and digitally aware learners.

Warm regards,



Asha Alexander أشا ألكسندر

Principal مديرة المدرسة

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