

GLS/C/1213-26

CIRCULAR

23 March 2026

**INSIGHTS (VOL.22) - NEWSLETTER - FINDING CALM IN THE
CHAOS PRACTICAL STRATEGIES FOR FAMILIES TO STAY POSITIVE AND RESILIENT**

Dear Parents,

We are pleased to share with you **Volume 22 of our school newsletter –INSIGHTS: The Journey Within**, focusing on the timely and important topic: **“Finding Calm in the Chaos Practical Strategies for Families to Stay Positive and Resilient.”**

[Newsletter -Insights\(Vol.22\) – Finding Calm in the Chaos Practical Strategies for Families to Stay Positive and Resilient](#)

Key Points:

- The edition highlights an important topic, especially relevant during times when young learners may experience heightened emotional sensitivity.
- It explains how children often internalize tension and may express anxiety through behaviours rather than words.
- The newsletter provides **age-appropriate emotional regulation strategies** to support children across different developmental stages.
- It includes practical tools that help families create a calm, predictable, and nurturing home environment.
- The edition emphasizes the importance of **mindful routines** in promoting stability and reducing emotional overwhelm.
- It also focuses on effective **parent-child communication** as a key factor in strengthening resilience within the family.
- Parents are encouraged to review and apply these strategies at home to support their child’s emotional balance and overall sense of safety.

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\(Vol.22\) - Finding Calm in the Chaos Practical Strategies for Families to Stay Positive and Resilient](#)

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

Warm regards,



Asha Alexander أشا ألكسندر

Principal مديرة المدرسة

Executive Leader - Climate Change الرئيس التنفيذي - تغيير المناخ