

GLS/C/1306-26

CIRCULAR

25 September 2026

**NEWSLETTER - INSIGHTS (VOL.25) –
BE THE SHIFT: CHOOSE KINDNESS, PROTECT DIGNITY, CREATE BELONGING**

Dear Parents,

We are pleased to share with you the latest **Volume 25 of our school newsletter – INSIGHTS: The Journey Within**, focusing on the timely and meaningful theme: **“Be the Shift: Choose Kindness, Protect Dignity, Create Belonging.”** This edition highlights the importance of fostering respect, empathy, and positive communication, helping children develop healthy relationships and become compassionate members of society.

Newsletter Link: [Newsletter - Insights \(Vol.24\) - Be the Shift Choose kindness Protect Dignity Create Belonging.pdf](#)

Key Highlights:

- **Leading with Respect:** Children learn respect through daily interactions and by observing the adults around them. Respect is reflected in kindness, empathy, fairness, and consideration for others.
- **The Power of Role Modelling:** Parents play a vital role in shaping children's behaviour by demonstrating calm communication, kindness, and respectful conflict resolution.
- **Building Healthy Boundaries:** This edition emphasizes the importance of teaching children to respect personal space, differences, opinions, and boundaries while confidently expressing their own feelings and needs.
- **Positive Communication Skills:** Parents are encouraged to help children express emotions appropriately through constructive language and effective problem-solving strategies.
- **Developing Accountability:** Children are guided to reflect on their actions, understand their impact on others, and take responsibility when mistakes occur.
- **Sapphire: The Leadership Gemstone:** This edition highlights **Sapphire** as a symbol of respect, fairness, dignity, and inclusion, encouraging children to value and appreciate others.
- **Creating a Culture of Belonging:** The newsletter reinforces the message that every individual deserves to feel safe, valued, and respected, both at home and in school.

For any concerns or guidance, parents may reach out to our school counsellors provided in the newsletter:

- **Ms. Iffat Khan** (KG1 & KG2)
- **Ms. Meghna George** (Grades 1-2)
- **Ms. Reshma Rachand** (Grades 3-5)
- **Ms. Smriti Khurana** (Grades 6-8)
- **Ms. Sharon Ben** (Grades 9-11)

Let us work together to nurture children who demonstrate empathy, respect differences, communicate responsibly, and contribute positively to their communities. Through our collective efforts, respect can become more than a value, it can become a way of life.

Warm regards,



Asha Alexander أشا ألكسندر

Principal مديرة المدرسة

Executive Leader - Climate Change الرئيس التنفيذي - تغير المناخ