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October 10, 2022

### **World Mental Health Day**

Dear Parents,

Robust mental health is fundamental to childrens well being and is their biggest armor as they navigate the many challenges of the contemporary world. Wellness encompasses not just a healthy body but also a happy mind and belief in one self to deal with the adversties. BBPS, Dwarka has always put student well being at the forefront and has consistently initiated a plethora of programs.

As we celebrate the spirit of holistic heartiness on **World Mental Health Day**, we look forward to your support to help us remove the stigma surrounding mental health concerns.

- Encourage and initiate conversations with your child about mental health. Discuss with them, feeling “low”, “sad” or “unhappy” are as normal as having a stomach ache. Our children need to know that feeling anxious doesn’t make them incompetent or ill-prepared.
- Discourage the use of academic achievement as a parameter of the child’s worth. Many children have the tremendous potential to shine in co-curricular domains. We should motivate our children to pursue their interests with unbashed passion and conviction.
- Guide your child as they nurture a hobby. Time spent by a child painting, gardening, playing music or playing a sport is not wasted rather therapeutic and soothing. It also enhances their feeling of contentment and happiness

Children who feel valued, loved and accepted are better prepared to put in extra efforts to attain new heights of success. So let us be the parents and educators to whom our children can easily reach out to without hesitation.

**(Suruchi Gandhi)**

**Principal**