

## NEWSLETTER FOR APRIL, 2017

Dear Parents,

As the curtain falls on yet another academic session at the La Martiniere Schools, and the atmosphere is still rife with report card discussions, let us take stock of the year gone by, and also re orient ourselves to the new session ahead of us.

Many children have come out with the proverbial flying colours - doing themselves, their parents and teachers proud. All the hard work and toil that they put in have borne results. As such their self-confidence receives a boost; they feel validated and their self-esteem goes a notch higher. However children excelling academically should also ensure that –

- They have a hobby which they pursue for the sake of pleasure, and not for any tangible gain like trophies, medals, performance, nor to enhance their ‘CVs’.
- They should also get enough free time, when there is no structured activity. For example, playing football with friends rather than a football coaching class
- Talking to friends, relatives and elders in the community, (face to face, as opposed to social networking) is an essential part of healthy development.
- Visiting people, places
- It is essential that nurturing one’s curiosity and dreams should not be bartered for grades alone.

On the other hand, there are some children who could not perform as expected. Amongst them some could not give their best due to environmental factors – be it family scenario, financial difficulties, health issues or emotional disturbances. While others did put in their best, their parents and teachers also put in a lot of hard work with them and yet the performance was not enough to promote them to the next class. The heartbreak, disappointment and sadness of these students and parents is palpable. However with children who really do work hard and yet don’t get the required grades, certain points should be kept in mind –

- Consult the school counselor to find out if the child requires ‘Special Needs Intervention’ provided by the school.
- Concentrate more on work habits like regular time and place of study, correct spellings and grammar, good handwriting, neatness, reading etc., especially in the junior classes.
- Look out for talent, skills, abilities in the child which can be built upon to provide the much needed identity and self- esteem to the child and which may later also turn out to be a viable career option. A child’s self -confidence should never be allowed to dwindle because of external achievements or failures. It should completely depend on his or her self- love and self-acceptance which in turn is a mirror image of what we adults tell them about themselves.

Last but not the least, whether our children have performed well or have not reached the desired level, let us remind them and also teach them, to express gratitude for the school and

teachers who not only taught them the syllabus, but shaped and moulded them in all aspects of life; towards their parents who made sure that the infrastructure for their studies and extracurricular was in place; friends, relatives, grandparents who gave them love, warmth and emotional succor; the helping staff at school and home who ensure that their environs are clean and organized; the driver who ferries them from one activity to another, the gardener who beautifies the campus with lovely flowers , the security personnel who ensures their safety, and last but not the least ...Gratitude towards the Almighty who presides and takes care of everything and everyone.

Also, we would like to take this opportunity, to remind our parents that academics, important as it is, should not be the be all and end all goal for our children. Concentration on developing **well rounded and well- grounded** personalities should be our aim. The La Martiniere Schools take great pride in having groomed conscientious citizens and good human beings in the nearly two centuries for which it has been around. Hence we request you to widen your perspective and see the larger picture while bringing up your child and not to miss the wood for the trees. Most importantly, amidst all the rush and activity, between goals and deadlines, do slow down and take the time to enjoy your children.

We would like to leave you with a short poem to ponder upon.....

### **IF I HAD MY CHILD TO RAISE OVER AGAIN**

If I had my child to raise all over again,  
I'd finger paint more and point the finger less.  
I'd do less correcting, and more connecting.  
I'd take my eyes off my watch, and watch with my eyes.

I would care to know less, and know to care more.  
I'd take more hikes and fly more kites.  
I'd stop playing serious, and seriously play.  
I'd run through more fields, and gaze at more stars.

I'd do more hugging, and less rugging.  
I would be firm less often, and affirm much more.  
I'd build self-esteem first, and the house later.  
I'd teach less about the love of power, and more about the  
POWER OF LOVE.

Author Unknown

With regards,  
The School Counsellors at La Martiniere Schools, Kolkata

For appointments with the school counsellors, kindly contact the following numbers:  
La Martiniere for Girls: 033 4040 6654  
La Martiniere for Boys: 033 4040 6612