



COUNSELLING DEPARTMENT - PRIMARY WING

Newsletter - August 2026 Edition

Dear Parents,

At this age, children are growing not just academically but also emotionally and socially. A child who feels safe, loved, and understood learns better and thrives.

This month we focus on Student Wellbeing – helping our young learners build healthy minds, strong bodies and happy hearts.

1. WHAT IS STUDENT WELLBEING?

Student wellbeing means a child feels:

- Safe & supported at home and school
- Confident to express feelings and ask questions
- Connected with family, teachers and friends
- Balanced between studies, play, rest and screen time

2. TIPS & ADVICE FOR PARENTS

Emotional Wellbeing

- Listen first: Give 10 minutes of undivided attention daily. Let your child share without judgement.
- Name the feelings: Help them say “I feel sad/angry/excited” instead of acting out.
- Praise effort, not just marks: “I’m proud of how hard you tried” builds resilience.

Social Wellbeing

- Teach kindness: Practice “please, thank you, sorry” and take turns at home.
- Playdates & family time: 1 screen-free family activity per week strengthens bonds.
- Friendship skills: Role-play how to share, include others, and resolve small conflicts.

Physical Wellbeing

- Sleep: 9–11 hours for Classes 1–5. Consistent bedtime helps focus in class.
- Nutrition: Include 1 fruit + 1 protein in the tiffin. Hydrate with water.
- Movement: 60 minutes of active play daily – cycling, dancing, outdoor games.

Academic Wellbeing

- Routine over pressure: A fixed homework + play + rest schedule reduces anxiety.
- Mistakes are learning: Encourage “Let’s try again” instead of “You should know this”.
- Limit screens: 1 hour max on weekdays. More time for books, crafts, and outdoor play.

3. PRACTICAL WAYS TO ENHANCE WELLBEING AT HOME

Try these this week:

A. Feelings Jar: Each day, a child drops a chit with one emotion they feel. Discuss it for dinner.	B. Gratitude Corner: 3 things your child is grateful for before bed. Builds positivity.
C. Calm-Down Toolkit: Breathing, sipping water, drawing, or hugging a soft toy when upset.	D. No Phone Zone: 30 minutes after school with no TV/mobile. Talk, snack, or play together.
E. Celebrate small wins: A sticker chart for completing homework, helping at home, or being kind.	

4. WHEN TO REACH OUT TO SCHOOL

Please write to the Academic Coordinator if you notice:

- Sudden changes in behavior, sleep or appetite
- Withdrawal, frequent crying or anger
- Difficulty making friends or fear of coming to school

After reviewing, the case will be forwarded to the School Counselor or Special Educator for further support.

We are partners in your child's growth. Together, we can create an environment where every child feels seen, heard, and valued.

Warm Regards

**Counselling Department
Primary Wing
DELHI PUBLIC SCHOOL, MATHURA ROAD**