

DELHI PUBLIC SCHOOL, MATHURA ROAD

JUNIOR SCHOOL

CLASSES (I-V)

NEWSLETTER - FEBRUARY'2019

Dear Parents,

Last month, we celebrated India and its rich cultural heritage with a lot of zest and fervour. It is our constant endeavour to ensure that the students have fun through various engaging and enthralling activities, both inside and outside the classroom.

Positive Affirmations ...Successful People Repeat Every day!!

Affirmations are positive statements that can help one to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, and believe in them, they release you from anxiety, negativity, fear and pain and you start to make positive changes.

To encourage a positive mind set in our children, we should constantly remind them that effort leads to achievement.

- ❖ Make them think in terms of- "I Can, I am able, I will succeed, I can turn my dreams into a plan, and my plan into my reality" ...A child's positive self-talk becomes a positive self-fulfilling prophecy.
- ❖ Read inspiring and motivating stories about people who have achieved success.
- ❖ Don't ever compare your child with other children.
- ❖ Always show trust in your child.

As a result, this favourable assessment of your child will make them more cheerful and optimistic.

I believe
in myself
and in
my ability
to
succeed.