



Circular No. 31/2025-26

Date: 18/10/2025

FROM SCHOOL TO HOME: AWARENESS SERIES FOR PARENTS **(TOGETHERNESS: THE TRUE SPARKLE OF EVERY FESTIVAL)**

Dear Parent,

As we approach the beautiful festival of lights, here's a gentle reminder to slow down, pause, and celebrate what truly matters- family time. This festive season, let's light up not just our homes but also our children's hearts with our presence, laughter, and love.

Suggestions for Enriching Family Time this Festive Season

1. Be Present, Not Perfect -Let go of stress and focus on togetherness, children remember moments, not how perfect everything was.
2. Create Traditions -Even a small family ritual (lighting diyas together, sharing sweets, or making decorations) builds lasting memories.
3. Encourage Gratitude -Talk to children about being thankful for family, friends, and all that they have.
4. Unplug to Connect -Keep devices aside during meals or family gatherings and enjoy real conversations.
5. Share Responsibilities -Involve children in preparations, it teaches teamwork and joy in contribution.
6. Spread Kindness -Encourage little acts of giving, sharing food, clothes, or time with those in need.
7. Balance Celebration and Calm -Amidst festivities, ensure children get enough rest and routine.
8. Celebrate Togetherness -Capture smiles, laughter, and shared moments -these are the real treasures of festivals.

Festivals remind us that the best decorations of life are love, laughter, and togetherness.

WISHING YOU ALL JOYFUL AND MEANINGFUL FAMILY MOMENTS THIS FESTIVAL TIME!

Dr. Meghna Bansal
Senior Counsellor


Amita Ganjoo
Principal