



## KNOWING YOUR CHILD.....

Dear Parent,

With a view to identify and channelize untapped energy and potential of our students, we have in place a School Mental Health Programme (SMHP). Our redesigned diary is a conscious effort in that direction to keep you updated about the SMHP which includes our zero period activities, mentoring sessions, clubs and co-curricular activities which your child participates in.

**STEP I:** Our customized programme (SMHP) is designed to address emotional, cognitive and psychological needs of children. The first phase of our programme “Know Thyself” has been done by the students through a questionnaire that provided an insight for the child where he /she gets to understand himself /herself better. This also ensures each child feels connected with one adult in school.

**STEP II:** This will be followed by a Mentoring Session with the teacher as mentor where the child identifies his strengths & weaknesses and sets targets for himself.

**STEP III:** Follow up of the session will be undertaken to help students move in the right direction.

**STEP IV:** Confidently evaluate and set new targets and goals to be achieved for Semester II.

The programme is tailor made to suit the needs of our students after a need analysis. Regular workshops are conducted for teachers to equip them for effective implementation of SMPH and inclusive education. We are associated with Dr. Amit Sen, an eminent child psychiatrist for SMHP.

In order to move forward in our efforts we have a passionate and committed team for your help.

You can mail us your concerns at [information@bloompublicschool.com](mailto:information@bloompublicschool.com).

**Mrs. Sudha Y.  
Counsellor**

**Mrs. Navjot Chhabra  
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