

### Views from the School Leaders



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**Ensuring mental wellness amongst learners during Covid times- Way ahead**

### INDEX

- Message from leaders and stakeholders
- From HSCP Editorial Desk
- HSCP activities / Initiatives around our Schools
- Leveraging Technology
- Nurturing Engagement

**A**s the country and the world absorb the impact of the coronavirus (COVID-19), our interconnectedness has never been more clearly on display.

Now, more than ever, we understand how important it is to demonstrate empathy and resilience, build relationships across distance, and call upon our collective resolve to strengthen our schools and our communities.

In these challenging times, we need to come together in solidarity and sensitivity and specifically to support the wellness of teachers and learners, working to get around new online environments and to provide the best quality education possible.

Today, it is clear that the overriding priority is the health and wellbeing of individuals. While the physical health of the sick makes the titles of the newspapers - and rightfully so - it is the mental health of all people that remains sensationally untold.

While it is digital skills that are now under the magnifying glass, emotional intelligence, creativity and other supposedly soft skills are equally important.

A mentally relaxing environment brings in positivity. Wellness of learners has been linked to the effectiveness of both teaching and learning. It has a positive impact on the achievement of the learners.

### 1. Control the Controllable During COVID-19

There are certain things that we simply cannot control right now. But there are some things that we can control: how we spend some of our time, what we choose to prioritize, what types of media we consume (and how frequently) and our mind set, to name a few. By focusing on the things that we can control and prioritizing the ones that are healthy, we can help to put our mental wellness front and centre.

### 2. Carve Out Time for Self-Care to Maintain Your Mental Health

Now, more than ever, we are acutely focused on online learning, physical health and engaging in healthy practices. But it is just as important, for maintaining mental health, to try to carve out some time to prioritize the other things that help us feel balanced: for some, it is exercise, for others, it is reading, journaling, meditation, or spending time doing a hobby.

### 3. Model Self-Compassion

We need to be incredibly kind to ourselves to help maintain mental wellness. We should ensure that the basics of self-compassion, kind self-talk, and growth of the mind set are turned inwards.

### 4. Reach Out

If you feel like you are having a tough time, and are struggling in any way with enjoying things, balancing your mood, or finding time to take care of yourself - please reach out to a counsellor.



## Views from the School Leaders



**Deepa Gokul Soma**  
Academic Coordinator  
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### Handling Mental Wellness amongst Teachers during COVID

Minding our minds has come to be an imperative part of overall well-being, more so during these times of pandemic. Covid has left us grappling with the never seen angles of student-teacher transactions and how everything around the Teaching-Learning process is undergoing a paradigm shift. It is said, when we cannot control what is happening around us, we need to challenge ourselves to have a check on the way we choose to react to what's happening.

With social distancing becoming the norm now, the human proclivity to being social has taken a beating. It has left everyone yearning for that human touch and one-to-one, in-person interactions. A pat, a chuckle or a laugh have all gone virtual.

The educators are thrown open to stress and have no choice but to take up cudgels against it. Given the scenario, the mental wellness of the teachers is paramount and every institution must devise ways to amply support them.

An awareness that stress is a natural response to unpredictable situations needs to be created. Various trainings to equip them in adapting to the new technological know-how are indispensable and bring in the much needed comfort and ease in classroom processes.

Motivational messages from higher-ups, Personal Development Sessions that cater to confidence building by sprucing up skills are supportive. Giving scope for creative expression by introducing blog sites adds cheer and intense introspection.

Forming clubs for recreational purposes gives respite from boredom. Making a good-will call to enquire surely brings out the smiles.

Activities like My Board – an interactive tracker through which the members exchange articles that touch their heart and Circles of Inspiration - wherein peers inspire each other keeping channels of interaction light hearted, offer the required cushioning effect.

Celebrations never to be given a miss. Organizing events of national and religious importance, competitions and the like helps one to accept the clichéd 'new normal'.

Despite the challenges, the conferring of ACE Awards, the 5-year Service Completion awards and the showcasing of teachers' talents through personal recordings and through the students in the form of Facebook uploads - all bring in a sense of accomplishment.

Sharing of videos related to HSCP, fitness and meditation ensures that a sound mind and a cheerful heart are in a happy body.

With this, comes the beautiful and satisfying journey. Emotions are highly contagious. What better picture would any one wish for! Win-Win, isn't it? JGS rocks!



## Views from Parent



**Sonal Arora Krishna**

Parent of

Vedaant Krishna( III B)

Amanora School Pune

### Role of parents in promoting mental health and wellbeing of the Children

All parents are aware that child's mental health is very important for their wellbeing and their overall development through their growing years. The environment at home plays a vital role in children's early stage development through experiential learning.

Parents become role models for a child and at certain times they even try to mimic their parents and hence it is a must for all of us to maintain a good and friendly environment at home at all times. This will not only support their mental and emotional needs but also trigger their behavioural traits. A happy child will have positive outlook towards everything in their everyday life, including challenges. What they acquire today as behaviour, outlook, approach and discipline would go a long way in their future lives...in fact they become habits.

As a parent we must give appropriate guidance to our children. They should be aware that our affection is not dependent on their good results or being the best in school. Take out time to have one to one conversation with your child and ask them how they feel. When your child is expressing don't interrupt, just listen to them.

Don't judge them. Always listen to their concerns and encourage them to share and talk to you whenever they are feeling anxious or stressed about anything. We can share our past experiences how we had overcome our own anxieties and challenges when we were their age.

Especially during these COVID times, one positive thing that has happened to the most of us is that we are able to get more time with our children. This is the best time for us to watch our child more closely and spend more time with them.

Have a routine where child has restricted screen time, daily physical activities together, video chat with their friends to keep them socially active and involve them in household chores.

Your child's mental health development will always be an ongoing progress. Appreciate their efforts as well as what they achieve in life. Teach them to set realistic goals and ways of achieving them. In fact, prepare them for failures too but teach them on how to get back up.

Children that are raised mentally healthy are able to handle life's challenges and curve balls well.

## Form the HSCP Editorial Desk



### The effects of COVID-19 on Children

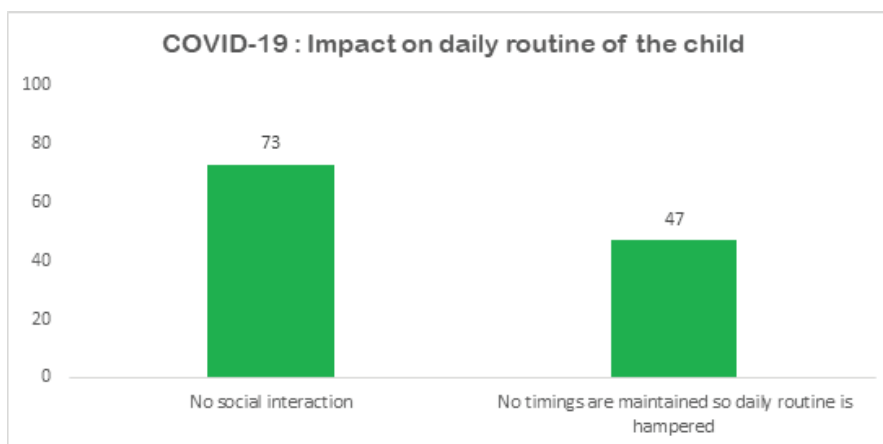
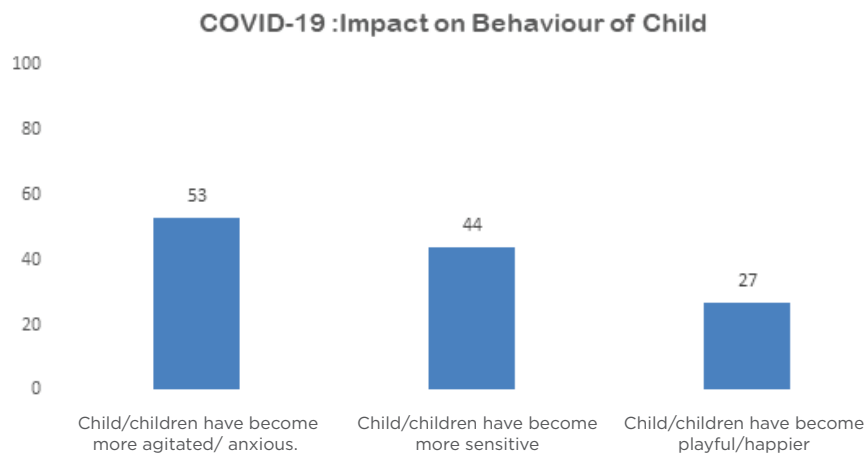
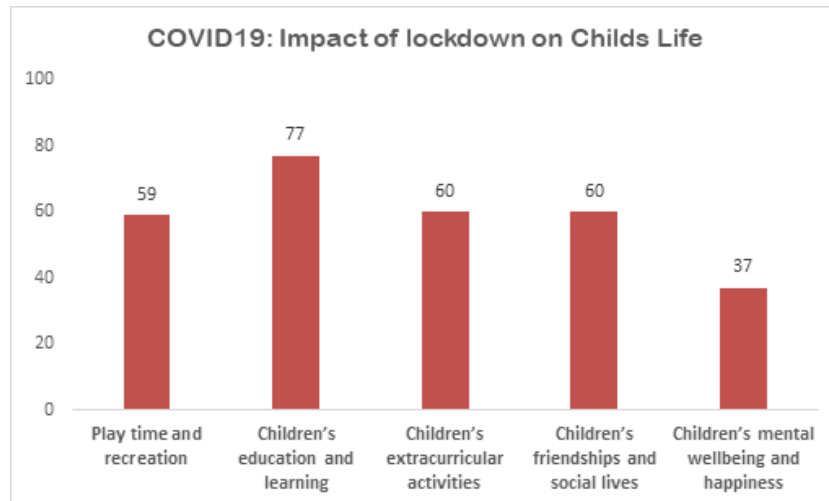
All of us, children included, are trying to make sense of the overwhelming uncertainty in front of us due to the global pandemic caused by the Coronavirus (COVID-19). Children and adolescents have already been at home – with schools being shut early – for over months in several parts of India. Their regular

schedules have been disrupted, with no clear idea of when they will be restored. Children are confined to the home and in some situations may be separated from the parent (s) because they are quarantined, or their parent (s) are quarantined. Children are experiencing a range of psychological issues such as anxiety, fear, worry, depression, difficulty sleeping, and loss of appetite. Quarantine and isolation may also lead to acute stress disorder, Post-traumatic stress disorder (PTSD) and grief in many children. Social isolation may worsen the living situation of children in abusive environments as well as children with special needs. CRY (Child Rights and You) a NGO that works towards ensuring happier childhoods for all children., reported Children among biggest victims of Covid-19 lockdown with multiple side-effects based on their survey conducted recently among 1102 respondents from 23 states and Union territories. Graphical representation of survey outcome are follows;



# NEWSLETTER

Volume 14, September 2020





COVID-19 pandemic has led to a humanitarian crisis of modern age. The study findings revealed the immediate effects on the families but considering the scale and magnitude of the issue, the aftermaths are unimaginable. The resulting impacts will be felt on 'self', 'society' and 'system'. Thus, the approach to tackle the issue also calls for unprecedented strategies and initiatives taking into account the best interest of the child to provide them a healthy, happy, safe and secure environment.

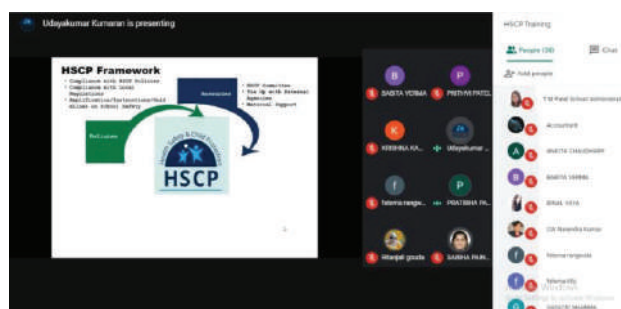
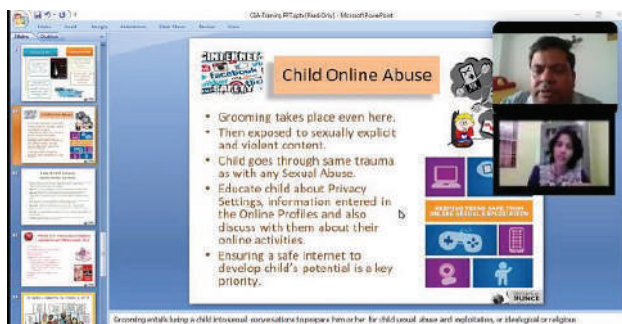
Article source@ Rapid online perception study about the effects of covid-19 on children

**Few tips that are suggested by NIMHANS (National Institute of Mental Health and Advanced Studies) for taking care of mental health of children during COVID-19;**

- **Provide assurance whenever needed:** Reassure your children listen to their concerns and try answering their queries related to the outbreak. Spend quality time with them and the attention that they need.
- **Keep the child in contact with their friends:** Physical distancing can be a cause of distress for the children. Encourage them to talk to their friends, cousins and loved ones by using help of technologies.
- **Manage child's anxiety:** Look out for emotional cues and talk to the child regarding the same. Avoid being judgmental when they express feelings. Don't avoid answering their questions related to Covid-19.
- **Give them clear information:** Provide them correct information as to what is happening around the world. Give them a proper fact in a way that they can understand so that they do not remain confused as this may increase their anxiety. You can make the explanations creative through pictures and drawings.
- **Engage them in indoor activities:** Involve them in indoor games to cut down the boredom. Encourage them to pick up a hobby. Involve children in some indoor exercises which they will enjoy.
- **Good food and sleep:** Ensure that the children eat healthy food and get good sleep and rest.

## HSCP activities / Initiatives around our Schools

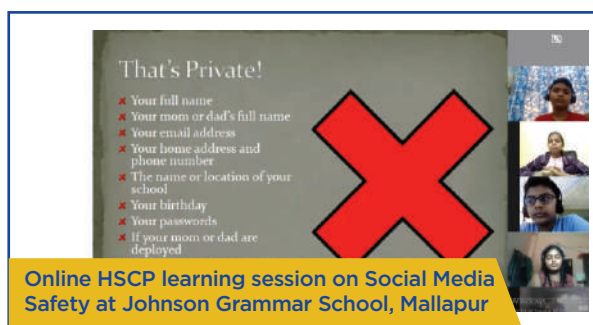
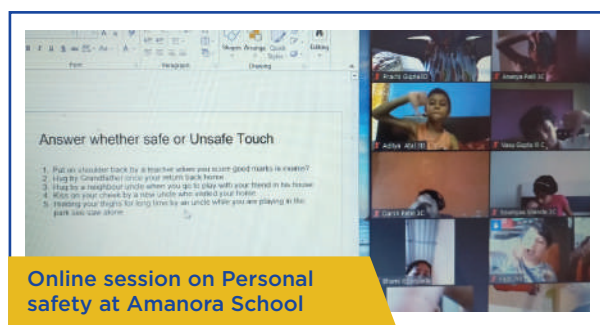
**1. Training for School staff:** During this period school staff have undergone yearly induction training program on Health & Safety, Corporal Punishment and Child Sexual Abuse Prevention. This year all these sessions were conducted online and each of these training was an hour program which included interactive mode case studies and assessment tools.



		No of Staff Trained						
		AMANORA	TMPIS	RESJ	RIA	JGS MALLAPUR	JGS HABSIGUDA	TATTVA
Training Topics	Health and Safety Induction	150	38	30	20	198	294	31
	Corporal Punishment induction	149	38	30	20	197	234	31
	CSA Induction	134	38	30	20	195	To be Scheduled	31

## 2. Online HSCP Learning Program for Students-An Update

Continuation of online learning on various HSCP topics which was implemented in the previous quarter continued happening during this period. Key focus of each school was on topics like **Personal safety, Cyber bullying and Online safety**. There was an active participation from students during these sessions and the program was concluded with assessment activities on each topic.

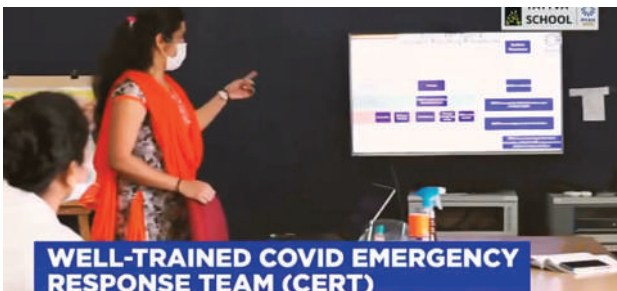


# NEWSLETTER

Volume 14, September 2020

## 3. School Readiness Video:

Schools have prepared short video message showcasing the preparations undertaken to reopen schools under COVID-19 environment.



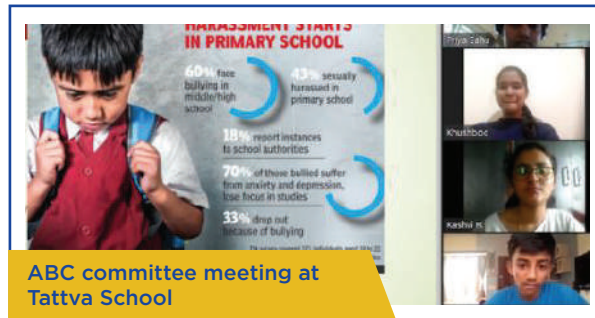
## 4. Anti-Bullying Committee Meeting:

First Anti-Bullying meeting was conducted in all school during this period virtually. Key meeting agenda included;

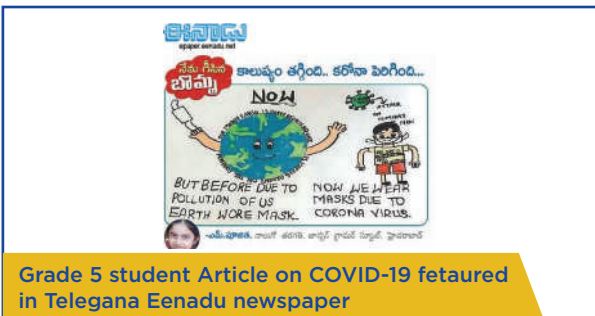
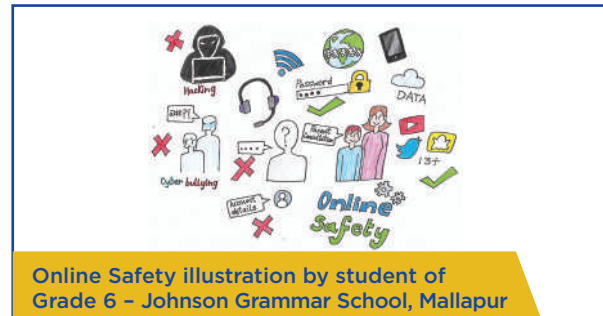
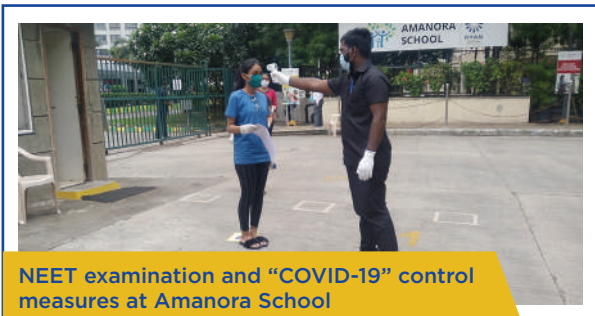
- Online Classes-Safety Measures by the School-Communication with teachers/students-steps and control measures.
- Cyber Bullying-Preventive Measures and awareness programs.
- Reporting of Online class incidents(safety/behaviour) by the teacher.
- Referral cases of any behavioural concerns during online classes to the school counsellor/HSCP coordinator by the teacher.
- Students accessibility to the School Counsellor/School HSCP coordinator- Ways of reporting any concerns-related to any forms of abuse.
- Child Helpline-Communications.
- Personal Safety and Online Safety training program to the students.
- Parent communications -Online Safety(alerts/circulars).
- Way forward actions.





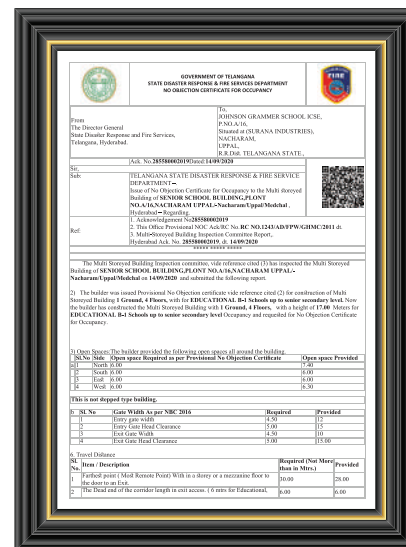


## 5. Other HSCP event updates from Schools

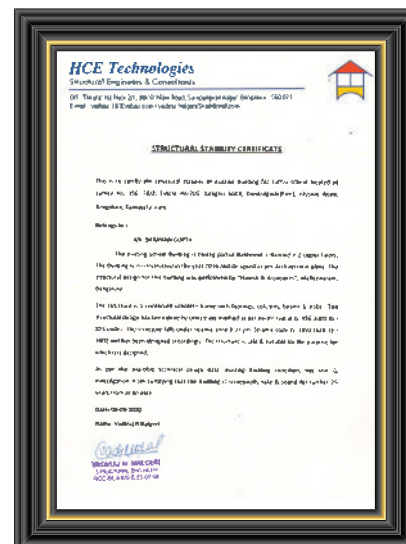




## 6. Regulatory Documents



Fire NOC renewed for Amanora School, Pune and Johnson Grammar School, Mallapur ICSE Campus



Amanora School received renewed Hygiene and Sanitation Certification

Tattva School received Building Stability Certificate



# NEWSLETTER

Volume 14, September 2020

## Leveraging Technology: Screen for Child Anxiety Related Disorders (SCARED)

One of the commonest difficulties faced by children is anxiety. A number of children will experience clinical levels of anxiety and some will go on to develop a full blown anxiety disorder. Estimates suggest that approximately 10% of the population may experience an anxiety disorder at some time. Without adequate tools to measure levels of anxiety in children it is not possible to isolate the problem and give them the early attention they need. Screen for Child Anxiety Related Disorders (SCARED) was developed and validated for this purpose.

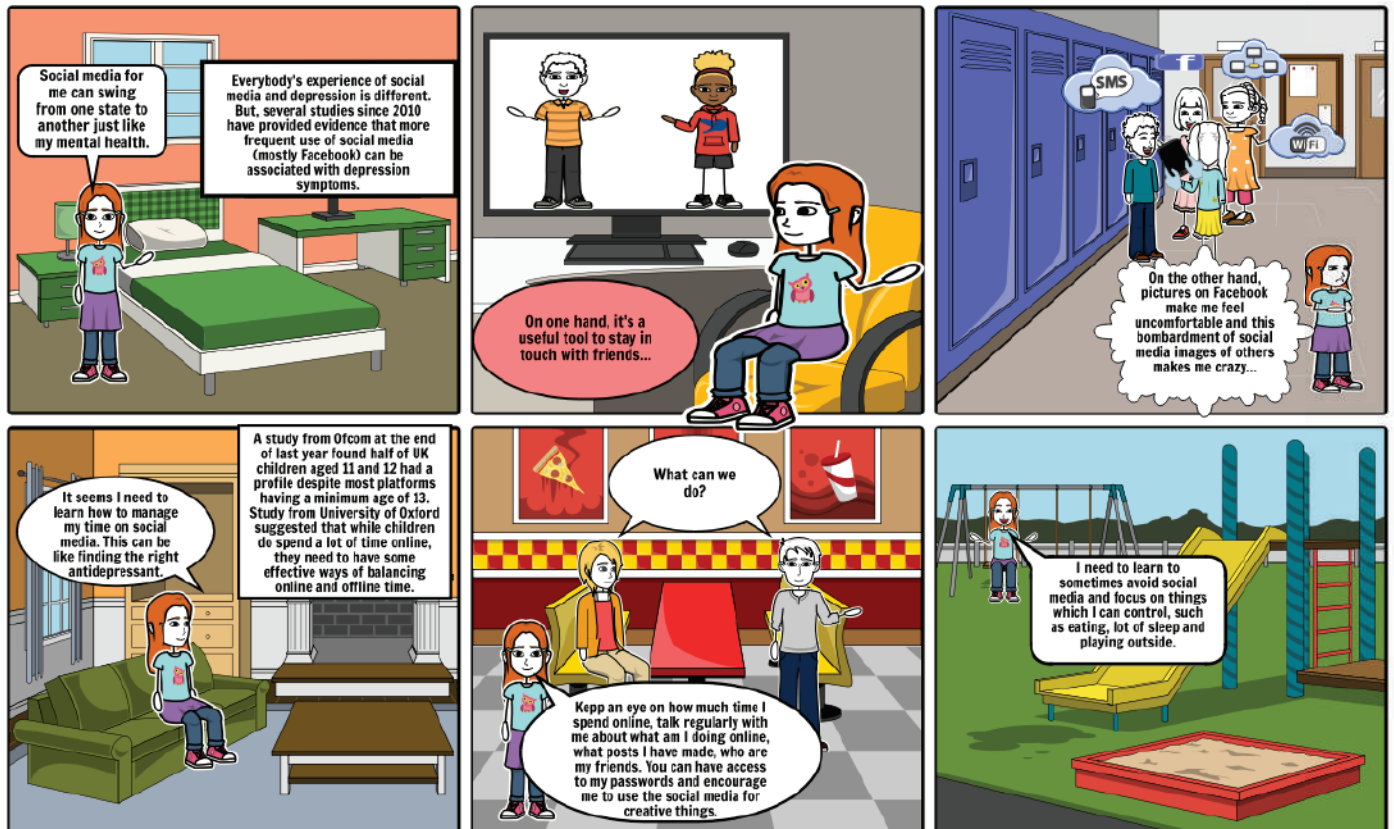
This instrument measures anxiety using four domains: **panic/somatic, separation anxiety, generalized anxiety, and school phobia**. The SCARED consists of 41 items and 5 factors that parallel the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) classification of anxiety disorders. It comes in two versions; one asks questions to parents about their child and the other asks these same questions to the child directly. Target population of this tool is Children ages 8-18 years

**SCARED** was developed by Boris Birmaher, M.D., Suneeta Khetarpal, M.D., Marlane Cully, M.Ed., David Brent, M.D., and Sandra McKenzie, Ph.D., Western Psychiatric Institute and Clinic, University of Pittsburgh (October, 1995).

The SCARED is available at no cost at [www.pediatric bipolar.pitt.edu](http://www.pediatric.bipolar.pitt.edu) under **instruments**



## Nurturing Encouragement: Cartoon Section



Create your own at Storyboard That



# NEWSLETTER

Volume 14, September 2020

## Quiz Section: Social Media Safety

1. Ria is on Facebook and receives a friend request from a boy she doesn't know. What should she do?

- ☐ A Send him a message and ask him how he knows her.
- ☐ B Deny the friend request.
- ☐ C Accept the friend request. It's rude to ignore him.

2. When you create passwords, you should make them easy to guess.

- ☐ A TRUE
- ☐ B FALSE

3. You should always know who you're talking to online.

- ☐ A TRUE
- ☐ B FALSE

4. You receive a chain email that tells you to pass it on to 10 of your closest friends. Do you?

- ☐ A Delete the email. You're never sure what viruses these types of chain emails can have.
- ☐ B Send the email to your friends - it's so cool and you want them to see it too!

5. What is the best way to use Facebook, Instagram and other social networking sites?

- ☐ A Limit the amount of information shared about yourself.
- ☐ B Make your page private, except to the people you have as my friends.
- ☐ C Only talk to people you know.
- ☐ D All of the above.

Answers: 1-b, 2-b, 3-a, 4-a, 5-d

**Wish You a Happy Mid-Year Vacations & Festive Holidays!**  
**Stay Home, Stay Safe.**

For any editorial queries, feedback and suggestions reach us:  
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