

C.G.S. Newsletter

Volume 26, Issue 5

<https://www.cgs.com.bd/newsletter.php?GID=5&MID=38>

December 2019

Dear Parents,

December is a stressful month for the students as they hunker down to sit for their first mocks for this academic year. After being busy with various events in November such as the Duke of Edinburgh trips and ACP they need to settle down and get reacquainted with their books. This month brings a lot of stress and anxiety for parents as well. Sometimes, willingly or unwillingly, the anxiety and stress are projected on the children.

We have to remember that we are dealing with a unique generation that is independent, outspoken, and competitive. They do not appreciate being hounded constantly. It is advisable to take a more direct approach with these children. Negotiate with them and let them set their own boundaries that are acceptable to you as well. Instead of trying to confiscate their gadgets set a limited screen time during examinations.

We have to understand that the teenage brain is full of colourful ideas as well as angst. Think of it like a box of colourful threads all tangled together and when we want to use a particular colour we have to carefully release it before pulling it out. Mental health is as important as physical health. Stress and anxiety can wear them down and affect their performance.

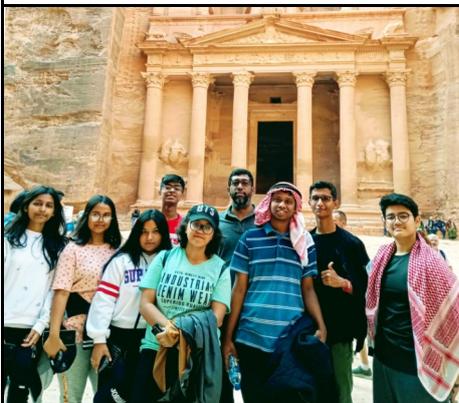
Let us all encourage these young minds to strive for a more balanced lifestyle. I wish you all the best in your endeavours to deal with the problems that are yet to come. We are here to support you.

Faiza Chowdhury,
'O' Level Coordinator



CONFERENCES & STUDY TOURS

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SPORTS ROUND-UP

BASKETBALL: Senior Boys inter-house:

Match 1: **Courage** (17) Vs **Generosity** (9),
Match 2: **Service** (20) Vs **Generosity** (15),
Final: **Service** (29) Vs **Courage** (27),
M-O-T-M, **Alif** (12G).

Senior Girls inter-house:

Match 1: **Courage** (7) Vs **Generosity** (0),
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Treks to the beautiful Matita have commenced for the winter season! Pictured above the first one - do sign up for these to enjoy a day outdoors.

See special supplement on the Science & IT Fair!



ICS COUNSELLING AND SUBJECT SEMINAR

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HALLOWEEN MUFTI 2019

Upper school students pictured below at the mufti.



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Middle School ACP	5-7.12.2019
SAT College Board Tests	7.12.2019
RS Conference Punjab Public, Nabha	10-12.12.2019
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Dear Students,

We will be celebrating Victory Day soon. Forty-eight years ago on 16th December 1971, Bangladesh was born as an independent country, after the sacrifice of the lives of three million people.

The flag of Bangladesh is a symbol - a way to show the world what Bangladesh stands for. It also shows that we are connected to one another - that we are on the same team. The flag is special, we must treat it with respect and honour all it stands for.

Bangladesh guarantees us certain rights and freedoms. You use these rights every day when you practice your religion, read a newspaper, or meet and talk with friends. You can do these things because our country guarantees us the freedom to do things the way we want, say or write what we want, and go where we want.

Our country is like a family: Everyone has to pitch in or it doesn't work. In other words, as citizens - we all have certain responsibilities, like going to school, voting, and obeying the law. Being a good citizen also means taking care of the country by keeping it clean, looking out for people in trouble, and staying informed about the problems that we face. Of course, actions always have more impact than words, so set an example by dedicating some of your time to volunteering in the community.

Finally, let us take a moment to thank and pay respect to each of the souls that have allowed us to live on our own terms.

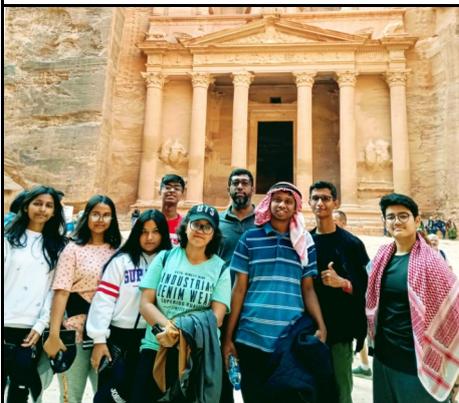
Happy Victory Day!

Hector Fernandez



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HALLOWEEN MUFTI 2019

A group of Middle School students pictured below at the recent Halloween mufti.



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CIRCLE TIME AT CGS LOWER

Circle time creates a community of learners. It also helps children to develop their attention span and it promotes oral communication.

At CGS Lower School every class begins their day with circle time where students actively participate together, share their thoughts, get introduced to new concepts and build a circle of trust and respect for one another. Circle time is usually kept light and fun and teachers ensure that every child is given the opportunity to be involved. Even the most introverted students respond positively to circle time and find it motivating and empowering.

Parents are also encouraged to start circle time at home regularly. Instead of expensive gifts or elaborate meals, a good way to show love to the children is by spending time with them exclusively. Besides, when parents and children play and learn together, it also helps to intensify their bond. Here are a few tips on how to develop a circle time routine at home:

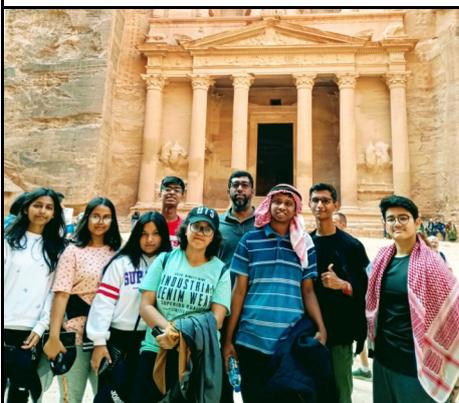
- ◆ Create an interactive experience where children and parents are constantly sharing day-to-day stories and knowledge.
- ◆ Motivate children to talk only about their own issues and not somebody else's.
- ◆ Bring in hands-on experience rather than hands-in your lap-experience.
- ◆ Keep circle time fun by singing songs/rhymes together. Develop a rich library of music.
- ◆ Remind each other about the family values and practice kindness activities.
- ◆ Above all, always listen when your child is speaking.

Rasha Tariq,
CGS Lower School Counsellor



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