

# C.G.S. Newsletter

Volume 30, Issue 10

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

May 2024

Dear Parents,

In our increasingly digital world, the role of technology in our children's lives has become significant. While technology offers numerous benefits, it is crucial to recognize the importance of moderation, particularly when it comes to screen time for our kids. Excessive screen time has various negative effects on children's physical, emotional, and cognitive development. It impacts their sleep patterns, leading to a sedentary lifestyle, and eventually affects their social skills and emotional well-being. It is frequently observed that following an extended holiday break, children's academic performance suffers, as they struggle to concentrate in class and follow instructions. This decline is often attributed to excessive screen time during vacations, exacerbated by limited opportunities for outings in our city.

As parents, it is our responsibility to set healthy boundaries and guidelines regarding screen time for our children and spending quality time with family and friends. One of the most valuable gifts we can give our children is our undivided attention. Amidst our busy schedules, it is crucial to carve out dedicated time to connect with our kids on a deeper level. Whether it's through meaningful conversations, shared activities, or simply being present with them, these moments foster trust, communication, and a sense of belonging within the family. By limiting screen time and prioritizing quality time together, we not only promote our children's physical and emotional well-being but also strengthen the bonds within our family. Let's strive to create a balanced environment where technology complements, rather than dominates, our lives, and where the moments spent together as a family are cherished.

Best Regards  
Rasha Tariq

## CGS TEACHER SHORTLISTED FOR CAMBRIDGE DEDICATED TEACHER



15000 nominations from 141 countries were submitted for the annual prestigious 'Cambridge Dedicated Award' in 2024. We are proud of Middle School teacher, Ms. Hina Kauser (left),

who was amongst the 90 finalists. Ms. Kauser joined CGS Middle in 2007 and completes 17 years of dedicated service in October.



## BOISHAKH CARNIVAL 1431

This year Pohela Boishakh was celebrated with great fun fare and a return to our annual carnival. A lovely performance by Middle School students pictured above and the opening of the event, below.



## BRITISH COUNCIL AWARD

CGS was awarded as the Top IELTS Performer - Partner School, pictured below at a recent ceremony in Chittagong.

CGS holds both British Council IELTS and College Board SAT examinations at its venues.



## LUNCH WITH USA AMBASSADOR

CGS students (below) recently met the USA Ambassador, H.E. Peter Haas in Chittagong.



## INDEPENDENCE DAY CELEBRATIONS

Lower School had a range of activities to celebrate our 53<sup>rd</sup> Independence Day, pictured below, including.

- ◆ An Art competition
- ◆ Handprint Collage Map
- ◆ Creating Miniature Flags and Wristbands
- ◆ Kaal Raatri (25<sup>th</sup> March) stories and poems



## CALENDAR OF EVENTS

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May Day	1.5.2024
Buddha Purnima	23.5.2024



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Dear Reader

Often parents perpetually endeavour to resolve each quandary their child encounters, or strive to eliminate any impediment or obstacle in their child's path. When a parent focuses on making the child happy and removes all discomfort - they actually start making the child fearful and less tolerant of all of the emotions that will inevitably be a part of their life into adulthood.

During childhood children are learning to cope with everything life throws at them. They are decoding interactions, making generalizations and dealing with their emotional responses to situations.

When you remove all obstacles or failures from their path and make happiness and comfort a goal of childhood you actually set a kid up for an adulthood of anxiety because they have a range of unresolved emotions that they've encoded as wrong or fearful.

We need to make our children resilient and resilience comes from being able to tolerate and sit with the widest range of emotions and not expect every situation to end in satisfaction. The skill that all children should be taught while growing up to be better humans is emotional regulation. This will support them to be happier and healthier physically and mentally.

Learning how to navigate their emotions, make mistakes, cope with failure and be okay with all of these. At some point they need to feel uncomfortable and even sad or disappointed and know how to manage these emotions and emerge stronger are essential for fostering resilience in our children.

Hector Fernandez

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## MIDDLE MARCH/APRIL DIARY

Middle School was busy with a range of events during late March through to end April.

- ◆ Birthday of Bangabandhu & Children's Day on 17<sup>th</sup> March CGS Middle Commemorated the legacy of the Father of the Nation with heartfelt reverence and solemnity.
- ◆ World Water Day was observed with a mufti on 21<sup>st</sup> March with educational activities aimed at creating awareness among our students.
- ◆ Inner Circle Training: Inner Circle facilitated numerous interactive and enlightening sessions tailored for CGS staff on the theme 'The ABA Classroom Blueprint: Unleashing the Potential of Classroom Behaviour Management.'
- ◆ Independence Day Celebrations pictured below.



- ◆ Ramadan Namaz lessons for Class 2 upwards.
- ◆ A Staff Iftar Party for the support staff fostering unity and inclusivity, pictured below.



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Dear Students and Guardians,

This term brings with it a significant milestone for many of you as you prepare for your Cambridge examinations. These assessments serve as a testament to your hard work and dedication throughout your academic journey. As you embark on this crucial phase, I urge you to approach your studies with determination, focus, and confidence.

Here are some tips to help you ace your Cambridge examinations:

**Start Early:** Begin your preparations well in advance to avoid last-minute cramming and ensure comprehensive understanding of the material.

**Create a Study Schedule:** Organize your study time effectively by creating a timetable that allocates sufficient time to each subject.

**Practice Regularly:** Consistent practice is key to mastering any subject. Solve past papers and practice questions to familiarize yourself with the exam format and refine your skills.

**Seek Support:** Don't hesitate to reach out to your teachers and classmates, if you encounter difficulties or have questions. All of your teachers will be available in school for extra classes and laboratory practice as well.

Remember, success in examinations is not just about knowledge, but also about strategy, discipline, and resilience. Stay focused, stay positive, and believe in your abilities.

As you embark on this journey, I extend my heartfelt wishes to each and every one of you. May your hard work be rewarded, and may you emerge victorious in your endeavours. Best of luck with your Cambridge examinations!

Ruhbayna M. Chowdhury

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## BANGABANDHU BIRTHDAY

Upper School students seen participating in an art competition to celebrate the Father of the Nation, Bangabandhu Sheikh Mujibur Rahman.



## TEACHER TRAINING EVENT

A Staff training event was held for Upper School teachers, pictured below.

