

C.G.S. Newsletter

Volume 29, Issue 10

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

May 2023

Dear Parents,

Welcome back after a long and relaxing Ramadan holiday! I hope you all managed to get some rest and catch up with family and friends during the Eid celebrations.

Students are always eager to join back to school with hearts full of warmth and a head full of stories to share with friends and teachers.

However, there can be cases of "school refusal" amongst younger kids of age 3 to 6.

School refusal is when students get upset about going to school, especially in this situation after long breaks when they have gotten too comfortable with the idea of staying home or waking up on their own time. They might cry or throw tantrums, refuse to move, beg or plead not to go. The first step to working on school refusal is to understand the issue from the child's point of view, this will help you to approach us, the school, with valuable information.

Often a young child might find it difficult to share their feelings on the problem or explain clearly, in such case we recommend that you break down the school day into different parts like waking up in the morning, having breakfast, seeing friends and teachers, tiffin break, and suggest the kids rate them based on numbers like 1 to 10 or emotions such as happy, sad, excited, bored, etc.

There are many other strategies that can be applied to bringing kids back to school, kindly approach the class teacher / senior management for support.

Let us work as a team to solve any difficulties.

Rasha Tariq



SPRING CARNIVAL

CGS hosted a day-long Spring Carnival to celebrate Children's Day on 17th March. Some of the entertainments included an Immersive Space Planetarium, a Puppet Show, story time, games, painting activities and lots, lots more! In addition, there were books, delicious food, exciting games and various other stalls. There was something for everyone and students attended the fun-filled carnival wholeheartedly with family and friends! Some of the attractions pictured above.



ART COMPETITIONS

International Children's Day was celebrated by an Art Competition at Radisson Blu. Students of many schools of Chittagong participated. Aaira (6G), pictured above, stood 2nd in Group B.

To commemorate the birth of the Father of Our Nation, Bangabandhu Sheikh Mujibur Rahman, Upper School hosted an art competition (below).



INDEPENDENCE DAY AT CGS



Independence Day was celebrated with enthusiasm at all CGS Campuses. A Middle School performance pictured above.

OUR YOUNG WRITER

Aroosh Afsheen (4S), right is an intelligent student and a brilliant writer. She has published a book 'Ducky Journey,' which she wrote at the tender age of seven.



INNER CIRCLE TRAINING & MOU

CGS, CGSD, NC Counsellors and Core team (below), had a series of training sessions and signed an MOU with Inner Circle, an organisation that provides support to children with any special needs and mental health concerns.



CLASSICAL MUSIC PERFORMANCE

Upper recently hosted Orpheus Papafilipou and Caroline Clipsham. Mr. Orpheus and Ms. Caroline mesmerized the audience with classical music from the greats like Vivaldi and Dimitri Shostakovich.



CGS BASKETBALL

An exciting Basketball Tournament is being planned for CGS Fathers, Teachers, Alumni & Students. Details will be circulated in early May.

CALENDAR OF EVENTS

DATE

May Day	1.5.2023
Buddha Purnima	4.5.2023
Lower Eid Reunion	6.5.2023

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Dear Reader,

The purpose of art education in school is to help students develop their creativity and improve their thinking and life skills. In the past, art education in school wasn't taken very seriously and in some cases cut from the curriculum to make room for students to focus in more important subjects. During career counseling the resentment that some have towards this fantastic subject gets even more evident when we witness children having good potential in art being discouraged by parents from pursuing it.

In a recent study it was shown art instructions help to develop motor, language, social, ingenuity, decision making and risk taking skills. Visual arts teach learners about color, layout, perspective and balance- all these techniques are necessary in presentation of academic work. Art also expedites critical thinking and teaches students to take time to be more careful and thorough in how they see things. In addition, Art not only connects students with their own culture but also helps them to understand it better.

Art is also a good stress reliever. It is very relaxing because it forces the mind to slow down to focus on the details and it helps to block out distractions, resulting in people feeling noticeably calmer and less anxious.

The theme for the 16th CGS Art Competition this year is 'One Planet, One Future' which is also our theme for Session 2023-24. May I request all students of CGS to participate wholeheartedly and make this event a success.

Hector Fernandez



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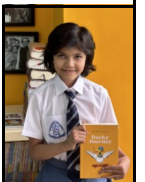
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Dear Parents,

We hope you had a wonderful Eid Holiday. A' Level examinations are right around the corner. This is a great opportunity to encourage your children to use their analytical skills of critical thinking, problem solving, persistence, creativity, and discipline to make the most out of their time in preparation for A' Level exams. We all must remember that for students, examination month can get really stressful. You may support your child by advising them to take regular breaks and be realistic about what they can do in a day. Students need to keep things in perspective and try to find a balance. It might be useful to make a revision timetable as it will help them organise their revision and breaks.

To help cope with their stress on the day of their exams, please encourage your child to try to ground themselves with mindfulness breathing exercises and read all the exam questions carefully. As a school, we want all our students to ace their exams with flying colours. We would like you all to know that our door is always open to discuss any concerns, questions, or ideas you may have regarding your child's education. Our teachers will be available every day to provide extra classes during the study leave. Students can come to school at their convenient time to avail these extra classes throughout May and June. We welcome you all to an outstanding learning community where everyone is dedicated to creating a high standard of excellence.

My best wishes,
Faiza Chowdhury



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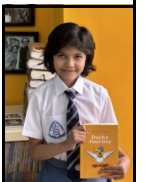


RECENT RS ZOOM POSTCARDS

High School of Kogakuin University, Japan: 70 participants from 15 schools in 10 countries, including 6 Upper School participants 'Compared schooling education systems.' Participants discussed what they liked about their education system and what they wished they could change. Topics covered in the discussion included the transition to university, the need for greater independence in AS' and A' Level students. Dhirubhai Ambani International School, India: 175 participants from 19 schools in 8 countries including 6 Middle School participants discussed the theme, 'Where words fail, music speaks.'

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