

Circular

Circular No: HB/AC/21-22/40

Dated: 09/10/2021

Dear Parents,
Greetings!

“Don’t let your struggle become your identity”

The COVID-19 pandemic has presented many challenges to students, educators, and parents. Children already coping with mental health conditions have been especially vulnerable to the changes, and now we are learning about the broad impacts on students as a result of schools being closed, physically distancing guidelines and isolation, and other unexpected changes to their lives.

In this context, a Mental Health Week will be observed from **10th to 14th October, 2021** on the occasion of World Mental Health Day.

Theme - “Mental health care for all: let's make it a reality” (WHO)

Activities:

- Digital Collage making - *Theme : Family forever, for always & no matter what*
- Digital Caption contest

[Guidelines for the Activities](#)

[Participation Form](#)

As a parent, you play an important role in your child's mental health: **You can promote good mental health by the things you say and do**, and through the environment you create at home.

Therefore, parents are encouraged to be a part of the school community, in promoting good mental health by participating whole-heartedly in these activities along with their children.

Last date for submission of activities is **17th October 2021**.



Principal
Bala Reddy Ambati