



Ref No. : JDSPS/25-26/JULY/007

Date: 17<sup>th</sup> JULY, 2025

## Notice

Dear Parents,

Greetings from JDS Public School!

JDS Public School has taken this thoughtful initiative of conducting a Parent Counselling Session, as we believe parents to be the primary caregivers and the most important stakeholders in the holistic development of our students.

**Date:** 26 July 2025

**Audience:** Parents of Toddler to Grade II

**Topic:** Nurturing Respectful, Balanced, and Healthy Young Minds

### Session Details:

<b>Date</b>	26 July 2025
<b>Time</b>	10:00 a.m. – 11:30 a.m.
<b>Venue</b>	School Seminar Hall

The early years are foundational for building respect, emotional balance, healthy routines, and secure attachment. In this interactive session, **Mrs. Suparna Ghosh** will share practical strategies to:

- Encourage respectful behaviour and empathy in young children.
- Build healthy daily habits around sleep, nutrition, and screen time.
- Support emotional expression and early self-regulation.
- Create home-school continuity so children feel secure and confident.

In the interest of your ward's holistic early development, we request that at least one parent/guardian from each family attend this session. Parent participation will be noted by the class teachers to help us plan follow-up guidance.

### Resource Person : Mrs. Suparna Ghosh

- Clinical Psychologist | Mental Fitness Coach | Co-founder, Conscious Music Code Pvt. Ltd.
- Certified Social Panorama Consultant & India Ambassador, Society for Mental Space Psychology (Netherlands)
- Psychologist (attached to IIT Guwahati)
- Mentor for PhD Students, East Bridge University, UK





JDS Foundation's

# JDS PUBLIC SCHOOL

Affiliated to CBSE (10+2) • Affiliation No: 2430445

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অভিভাবক পরামর্শ সেশন (টডলার – দ্বিতীয় শ্রেণী)

তারিখ: 26 July 2025 | স্থান: School Seminar Hall

বিষয়: সম্মানজনক, সুসম ও স্বাস্থ্যকর শিশুমণ গড়ে তোলা

আপনার সন্তানের প্রাথমিক বিকাশের স্বার্থে অনুরোধ করা হচ্ছে যে প্রতিটি পরিবারের অন্তত একজন অভিভাবক এই সেশনে অংশগ্রহণ করুন। উপস্থিতি শ্রেণী শিক্ষকের মাধ্যমে নথিভুক্ত করা হবে।

অভিভাবক পরামর্শ সত্র (টডলার – দ্বিতীয় কক্ষা )

তারিখ: 26 July 2025 | জগহ :School Seminar Hall

বিষয়: সম্মানজনক, সন্তুলিত और स्वस्थ बाल मन का विकास

आपके बच्चे के समग्र विकास के हित में अनुरोध है कि प्रत्येक परिवार से कम से कम एक अभिभावक इस सत्र में उपस्थित रहें। उपस्थिति दर्ज की जाएगी।

CC to:

- i) Director's office;
- ii) Academic Manager's Office;
- iii) Logistics & operation office;
- iv) Account's office;
- v) All teachers & other staff

SD/-

Principal

*Handwritten signature*  
17/07/25

