

CALORX OLIVE INTERNATIONAL SCHOOL

AHMEDABAD

DIRECTOR'S NEWSLETTER

AUGUST 2017

Dear Parents,

Trust all is well at your end. We have some more good news from COIS !

Academic Results

The International Baccalaureate Diploma Programme (Grade 12) Board Examination Results have shown a big improvement from last year. The highlights of this year's results are as follows :

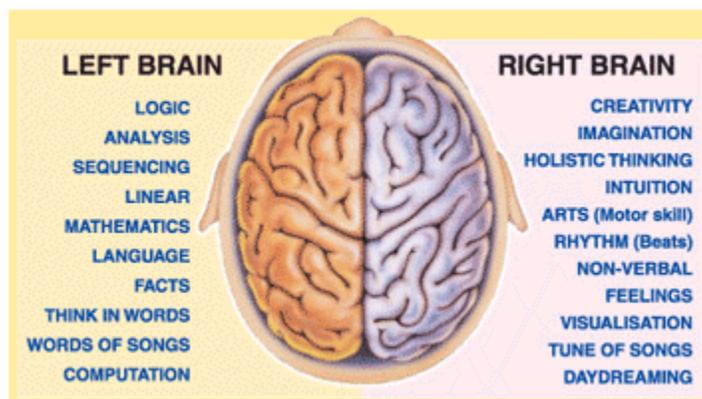
- There has been an improvement in each subject.
- The highest individual score by a student has improved from 28 points out of 45, to 39 points out of 45.
- The School Average has improved by 10 points.

Communication Skills Course

A professional course to enhance **English Speaking Skills** has been started for students who have enrolled for this course. It is being conducted at COIS in collaboration with Trinity College of London Communication Skills.

Brain Development

LEFT BRAIN AND RIGHT BRAIN



Guidelines to Develop the Brain of a Child

We as teachers and parents can help a child develop his or her brain. A few important guidelines are as follows :

1. Stress on the child weakens the developing brain and can lead to lifelong problems in learning and behaviour. Hence, please ensure minimum stress on your child.
2. Adequate sleep is very important. Sleep deficiency can result in difficulty for the child in paying attention. It can also enhance irritability. Hence, please ensure your child gets sufficient sleep each night.

3. Ensure your child has a quiet place at home to study.
4. Make reading a good book a regular habit for your child.
5. **Limit the amount of time the child spends on watching TV and playing video games.**
6. Encourage playing which involves activity.
7. **Give your child very good nourishment everyday. This should include a lot of fruits and vegetables.**
8. Eating breakfast has an immediate, positive effect on the cognitive development of a child. Skipping breakfast adversely affects the child's problem solving ability, short-term memory and attention span.
9. **Relationships are crucial.** Loving, consistent and positive relationships help build healthy brains and protect your child's brain from the negative effects of stress. Warm and loving relationships help the child's brain to grow.
10. Deal with your child with **empathy and love.** This helps the child's brain produce conditions that enhance learning.

We at COIS are striving continuously to give a head start to your child in Life. We are fully committed to the responsibility of developing your child, in all aspects. I request each parent to handle their child with empathy and love, as this has a direct, positive impact on the child's brain development.

Thank you.

With best wishes,

Dr Colonel Atul Bhandari
Director
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Ahmedabad