



DIRECTOR'S MESSAGE

Dear COIS Parents,

Trust all is well at your end.

Improvements

The improvements in COIS during the last one month are as follows :

- **Teachers Training**. The Diploma Programme Coordinator Mr Dhruv Prajapati attended an International Baccalaureate Training Workshop on 'Approaches to Learning and Teaching,' in Singapore. This will help enhance academics in the Diploma Programme.
- **Mathematics Workshop**. A Workshop on a more scientific way to teach Mathematics was organised at COIS. The Workshop was taken by Mr Robert Sun, a well known Mathematics Expert from USA.
- **Table Tennis**. COIS students won six Gold Medals in Table Tennis, at the Khel Mahakumbh held at Gandhinagar.

Greatest Influence on a Child

*Parents are the ultimate
role models for children.
Every word, movement
and action has an effect.
No other person or
outside force has a
greater influence on a
child than the parent.*

Bob Keeshan

- [How to Stop Aggression in Children](#). When a child shouts or is aggressive, we possibly respond by shouting, but it would be better to teach the child how to control his or her anger. The cause of aggressive behaviour may be due to stress, frustration, exhaustion, lack of adult supervision, or due to the aggressive behaviour of the children he is keeping company with.
- The best manner of dealing with aggressive behaviour is as follows :
 - Step in and tell the child to stop the aggressive behaviour immediately.
 - Remove your child from the situation that is causing the aggression.
 - Lower your voice, don't raise it.
 - Show self-control and use gentle words.
 - Stay calm. Control your own temper. **Children tend to mirror the behaviour of their parents.**
 - Stop exposure of your child to violence on TV and in video games. There is a link between what your child watches on TV and his aggression. TV, video games and most movies are full of violence, which have a strong impact on the highly impressionable mind of a child.
 - Realise that children want their parents to have a sense of control. It gives them a feeling of security.
 - Do not spank a child as a form of discipline. A child who is physically punished may start to believe that this is the right way to handle people when you don't like their behaviour.
 - Teach him Social Skills and problem solving on a daily basis. Teach him how to share, how to stand in a line without touching others, how to say "please" and "thank you."
 - Ensure he keeps the company of well behaved children only.
- It is evident from the foregoing that the mind of a child, whether she is a young girl or a teenage boy, has a lot to do with what she or he is exposed to at home. **We must ensure what the child sees and observes is worth emulating.**

Thank you.

With best wishes,

Colonel Atul Bhandari
Director
Calorx Olive International School
Ahmedabad