

CALORX OLIVE INTERNATIONAL SCHOOL

AHMEDABAD

DIRECTOR'S NEWSLETTER

DECEMBER 2017



Dear Parents,

Trust all is well at your end. The highlights since the last Newsletter are as follows :

Children's Day. The reason why the Teachers and I are here, is - for the Children. We celebrated Children's Day on 14 November. Apart from other things, each child was given a book, to foster the reading habit.

Triple AAA + Rating. Careers 360 Magazine has carried out a survey of the Best Schools in India and given a '**Triple AAA + Rating to COIS !**

Stillness. All children are being made to be still for about five minutes every morning. Stillness soothes the nervous system and builds resilience skills for Life.

Principals' Award. An honour was bestowed on us wherein I was given an award as a 'Progressive Principal of India,' at an Awards Function in New Delhi. I see this award not just for me, but for the entire Team at COIS, which is regularly and systematically putting in a lot of hard work for the good of the children.

COIS CHILDREN - VIBRANT AND WELL GROOMED



Sleep Guidelines for Children. Sleep is a very important activity in the Brain, especially during the childhood years.

I recommend all parents consider the following guidelines regarding Sleep :

1. A child between 6 to 12 years need 9 - 12 hours of sleep each day. A child between 13 to 18 years need 8 - 10 hours of sleep each day. Hence if a 6 year old child has to wake up at 7 am to go to School, he should go to bed by 7 pm the previous night. Similarly, if a 13 year old child has to get up at 7 am to go to School, she should go to bed by 9 pm the previous night.

2. Adequate sleep leads to improved behavior, better learning, improved memory and regulation of emotions.

3. Insufficient sleep is associated with impatience, an increase in temper tantrums, an increase in injuries, shorter attention spans, decrease in cognitive ability, poor performance in School, mood swings, depression and increased thoughts of suicide.

4. Tea and coffee must be avoided in the evening, as caffeine can interfere with sleep for upto eight hours after consumption.

5. All TV's, laptops, video games and screens must be switched off, at least one hour prior to bedtime. It is best to avoid having a TV in the bedroom. Mobiles must also be switched off. We move into the Sleep Phase when the Sleep inducing hormone - Melatonin - is released. This hormone is released in our body only when it is dark. If the TV / laptop / mobile is on, the brain gets fooled into thinking that it is day, and stops Melatonin from being released. This makes it difficult to Sleep.

6. Have a regular routine before bedtime. A fixed, pre-bedtime routine makes it easier for the child to fall asleep. It also sends a signal to the brain that we are shifting to the Sleep Mode. Different bed times confuse the body clock and disrupt the Sleep pattern. There should be a fixed bedtime every day, including on weekends. Similarly there should be a fixed time to get up. Our body thrives on regularity. Regularity is vital. The body does not recognize Sundays and holidays. Getting up late on a Sunday / holiday disrupts the Sleep rhythm.

7. The bedroom should be dark, as light disrupts Sleep. Even the charging indicator light indicator from a mobile phone can disrupt production of the Sleep inducing hormone - Melatonin. The bedroom must be cool and absolutely quiet.

8. Make sufficient sleep a priority requirement for your child.

9. If a child goes to bed late, he gets up late. When he wakes up in the morning, his body has had insufficient sleep. He starts attending classes when his brain is still in the biological Sleep Mode. Hence it is imperative that he must go to bed early.

10. If your child has a hard time waking up in the morning, she is not getting enough sleep.

During Sleep, the brain is busy linking recent memories with earlier ones. Memory is consolidated. Thus, Sleep plays a very important role in the Learning process. It helps cement information for better recall later.

I request all parents to ensure that their child gets sufficient sleep each night.

Working each day to ensure that your child is very well groomed and developed in all spheres.

Wishing each one of you the very best.

With warm regards,

Dr Colonel Atul Bhandari
Director
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