

CALORX OLIVE INTERNATIONAL SCHOOL

AHMEDABAD

DIRECTOR'S MESSAGE

JANUARY 2017



Dear COIS Parents,

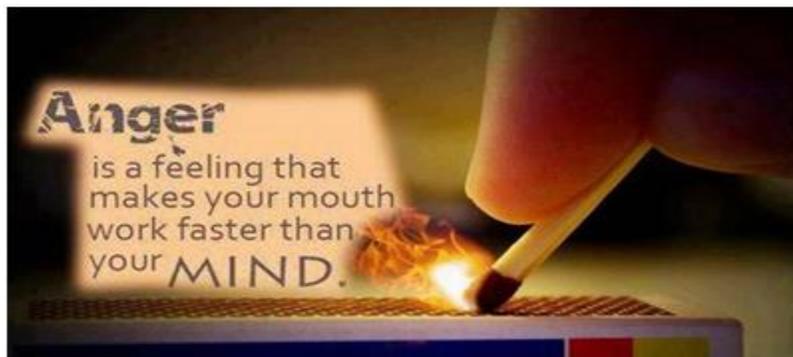
Trust all is well at your end.

Improvements in COIS

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

- **Pre School**. A Pre School will soon be started on the COIS Campus. Admissions are open ! This is a part of our endeavour to give a complete solution to all requirements connected to Education of Children, be it a Play School for tiny tots, or a place where senior students are imparted the competencies they will need for leading a successful Life.
- **Trust and Faith Imposed in COIS**. As the Head of School, I have sensed a feeling of **Trust and Faith in COIS**, by the Parents and all stakeholders. A School Leader and his or her Team can be trusted only when there is clear evidence of demonstrated action to win over that Trust. That Trust and Faith is evident now. I am thankful to each Parent of our School for imposing this Trust and Faith in us. I assure you we will do more to make this Trust even stronger.

Anger is a Harmful Emotion



Anger Indicates a Weak Mind

Individuals who have trouble controlling anger or who experience anger outside of a normal emotional scope have an anger disorder. Individuals who experience anger are usually aware of their emotions. In some cases, they redirect violent anger outbursts to scapegoats, because it is too difficult to deal with the real problems.

People who are easily angered generally have a low tolerance for frustration, meaning simply that they feel that they should not have to be subjected to frustration, inconvenience or annoyance by anyone. They can't take things in their stride.

What makes these people this way ? A number of things. One cause may be genetic or physiological. Another may be socio-cultural. Research has shown that family background plays a role. Typically, people who are easily angered come from families that are disruptive, chaotic and not skilled at emotional communication.

Negative emotions like anger affect the functioning of the heart and increase the risk of stroke. Persisting stress increases the risk for atherosclerosis and cardiovascular disease.

Research also indicates that high levels of hostility lead to ulcers, heart disease and other illnesses. Anger drives others away and leaves us alone. Anger also ruins marriages, keeps us from advancing in our career, and hinders our progress in life. We must ensure that our children are kept away from this negative emotion.

The following steps help control anger :

1. **Think before you speak.**
2. Engage in physical activity.
3. Get enough sleep at night.
4. Change the environment.
5. Go for a walk.
6. Breathe slowly and deeply, from your diaphragm.
7. Let go of angry thoughts.
8. Challenge the thoughts and perceptions that make you angry.
9. Do not have black or white thinking.
10. Slowly repeat a calming word or phrase like - "Relax," or "Take it easy."

Anger is clearly a very negative emotion. We need to get rid of this totally, more so when children are present. The majority of anger and frustration we experience in life occurs when we encounter someone who is not playing by our rules. We tend to believe that our rules are right and that the other person should do it our way. That, of course, is a very myopic way of looking at Life.

Through this newsletter, **I request all parents to teach calmness to their children**, through their thought, behaviour and action. Rather than some people who lose their self control and display insane behaviour, **let us all be Role Models of Calmness**, so that we pass on good behaviour to the next generation.

Thank you.

With best wishes,

Striving passionately to shape your child into a better human being.

Dr Colonel Atul Bhandari
Director
Calorx Olive International School
Ahmedabad