



INDIAN SCHOOL BOUSHER

(Affiliated to the Central Board of Secondary Education, New Delhi)
(Affiliation No: 6630203 and School No: 90252)
P.O. Box: 2886, Postal Code: 130, Azaiba, Sultanate of Oman
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ACADEMIC YEAR 2026 – 2027

CIRCULAR FOR PARENTS **(GRADES IX-XII)** **Navigating Transition**

ISB/CR/ADM/2026-2027/ 114

Date: 08.10.26

Dear Parents,
Greetings of Indian School Bousher!

High school is more than an academic journey; it is a critical stage for shaping self-worth, emotional maturity, and lifelong healthy habits. As our Grade 9–12 students' step into greater responsibilities, offering them structured support helps demystify the physical, psychological, and social changes of young adulthood. This initiative aims to strengthen their self-confidence, promote positive mental health, and foster supportive dialogues both at school and at home.

As part of our commitment to supporting our senior students' personal and emotional growth, the Department of Counselling and Special Education – CareNest is organizing "**SHE MATTERS**" (for girls, by **Dr. Rajyashree Narayanankutty**) and "**HE MATTERS**" (for boys, by **Dr. Nigel Kuriakose**) for Grades 9–12.

Led by guest medical experts, these interactive sessions provide age-appropriate guidance on:

- **Personal Growth & Identity:** Understanding physical and emotional development, maintaining personal hygiene, and deepening self-awareness as young adults.
- **Holistic Health & Resilience:** Menstrual health and wellness (for girls) / physical wellness (for boys), proper nutrition, and techniques to manage stress and emotional well-being.
- **Life Skills & Responsible Choices:** Building confidence, promoting a positive body image, navigating healthy peer relationships, and exercising sound decision-making.

Programme Details

SHE MATTERS (for Girls)

- **Date:** 11th October 2026
- **Time:** 08:00 a.m.
- **Venue:** MPH
- **Attendance:** Mandatory

HE MATTERS (for Boys)

- **Date:** 11th October 2026
- **Time:** 12:30 p.m.
- **Venue:** MPH
- **Attendance:** Mandatory

World Mental Health Day Creative Activity

Please note that during non-session time slots, students will engage in a World Mental Health Day creative activity within their respective classrooms.

Students can choose to design one of the following two options to highlight the self-care strategies and coping mechanisms they use to manage stress and emotions:

- **Option 1:** Personal Coping Strategies Collage
- **Option 2:** Vision Board

Activity Guidelines & Requirements:

- **Formats:** Ideas may be expressed through drawings, illustrations, or collages.
- **Materials:** Students are requested to bring their own basic stationery along with any craft items, pictures, magazine cutouts, or materials needed for their creation.

We look forward to your continued partnership as we empower our students to embrace adolescence with confidence, self-awareness, and positivity.

With best wishes,



Himmat Singh Dhillon
Principal
Indian School Bousher

