

BBPSRH/PARENT/2021-22/ 14

19 May 2021

### **WE CARE PROGRAM**

Dear Parents

**Hope you and your families are safe & healthy!**

The Covid-19 pandemic has posed many challenges with regards to the mental health of students all over the world. While we continue to battle the Coronavirus, a growing crisis among the young learners struggling with mental health problems, including anxiety & depression related to the pandemic, isolation and social distancing is being reported from all parts of the country. The shutting down of school campuses for more than a year now has certainly had a detrimental effect on the young minds.

School environment typically provides a plethora of opportunities for social exposure. Needless to say, opportunities for exposure to social situations have been exceedingly limited for many children and young adults during the COVID-19 outbreak. The National Association of School Psychologists remind us that **“Children look to adults for guidance on how to react to stressful events.”** Continuing with innovative endeavours for mental well-being of our students, Bal Bharati Public School Rohini initiates the Guidance & Counselling Programme **“WE CARE”**.

A group of highly experienced teachers along with our school counsellor will be available virtually to advise and motivate students to come to terms with the pandemic situations while providing the right guidance and support. The students can share their worries, anxieties and concerns with the **WE CARE** team at the ID - [wecare.program@rh.balbharati.org](mailto:wecare.program@rh.balbharati.org).

All your issues shall be addressed proactively.

Looking forward to connecting with our dear students.



**Geeta Gangwani**  
Principal