

Let's have a conversation!

Monthly dialogue with parents of Bal Bharatians on student-centric issues



Bal Bharati
PUBLIC SCHOOL

Dear Parent,

Every month, we seek views, ideas and suggestions from you, on various topics that are important for the progress and well-being of your child. Parents' inputs are invaluable in helping us shape the school's policies and practices to better serve the needs of our students.

Here we are featuring some of the thought-provoking responses to the topic of the month.



TOPIC

Which life-skills do you think are important for students to develop, and how can we incorporate them into our curriculum and daily routines?

In today's fast-paced world, it's crucial for students to develop essential life-skills that go beyond academic knowledge. Critical thinking, communication, problem-solving, emotional intelligence, and time management are key competencies that prepare students for both personal and professional success. To integrate these skills into the curriculum, educators can use project-based learning, which encourages collaboration and critical thinking. Group discussions, debates, and presentations can enhance communication skills, while time-management workshops can help students prioritise tasks. Additionally, teaching emotion regulation through mindfulness exercises can improve emotional intelligence. Incorporating real-world scenarios and practical tasks into daily routines, like budgeting or managing group projects, can help students build problem-solving abilities. By prioritising life skills alongside academics, we can equip students with the tools they need to thrive in the ever-changing world.



Ritika Singla, Mother of Viraj, Class VIII, BBPS Brij Vihar



As a parent, I see life-skills as the roots of a strong tree, essential for students to grow and thrive. Critical thinking is the sunlight that illuminates new perspectives, while emotional intelligence is the water that nurtures compassion. Communication serves as the wind that carries ideas far and wide, and adaptability is the flexible trunk that bends without breaking in life's storms. Resilience forms the sturdy branches that support growth even under pressure. By planting these skills into the fertile soil of daily routines and the curriculum, we can help our children bloom into confident and capable individuals.

Dolly A Kataaria, Mother of Aleesha, Class VIII, BBPS Gangaram

Key life-skills for students include communication, critical thinking, time management, emotional intelligence, and digital literacy. These skills are vital for personal and professional growth. Communication skills can be enhanced through debates, presentations, and group discussions. Critical thinking can be fostered through problem solving activities and project-based learning. Time management and organisational skills can be taught by encouraging the use of planners and structured schedules. Emotional intelligence can be developed through mindfulness sessions, gratitude exercises, and role-playing activities. Digital literacy can be imparted by teaching online safety, coding, and using educational apps. In daily routine, incorporating reflective journaling, team-building exercises, and task rotation help reinforce these skills. Practical application through real-world projects and regular feedback ensures that students not only learn these skills but also implement them effectively.



Stavya & Shiv Kumar Sangotra, Parents of Stavya, Class VI, BBPS Khargone



Teaching kids the importance of handling waste and keeping public spaces clean is essential. During township festivities and social celebrations, we have noticed that kids often don't dispose off waste properly in trash cans. Instilling this habit is crucial for a sustainable future. By learning to manage waste, children will understand the process of waste disposal and develop eco-friendly habits. This practice will not only keep our environment clean but also foster a sense of responsibility and care for the community. Here are some ways to incorporate it in daily routines:

- Install a vermi compost bed at school: Process food waste from school and use it for gardening.
- Gardening in school area: Involve kids in maintaining a garden.
- Keeping their own classroom clean: Encourage them to tidy up their space.
- Best Gardener award: Recognise efforts in gardening.
- Trip to bio-waste treatment plant: Educate them on waste processing.

M. Karpagajothi, Mother of V. Kurinji Vaendhan, Class Montessori 2, BBPS Kudgi

Introducing entrepreneurial thinking into the school curriculum can empower students to become innovative, resourceful, and confident problem solvers. The future generation should learn how to build and create rather than simply serve. It is essential for students to understand how to deal with setbacks and failures and develop resilience to bounce back when faced with challenges. An entrepreneurial mindset is crucial not only for personal growth but also for societal and economic progress.



This mindset fosters creativity, innovation, problem solving abilities, leadership, teamwork, financial literacy, goal setting, planning, confidence, and independence. To integrate this life-skill into the curriculum, schools can implement dedicated entrepreneurship classes, live projects, and cross-subject integration. Additionally, mentorship programmes, life-skills workshops, access to books and digital resources, and establishing an entrepreneurship club can provide hands-on experience. These initiatives will prepare students to adapt to the dynamic world and contribute effectively to society.

Deepak Nagpal, Father of Dhriti, Class V, BBPS Manesar



Stress management is a very important life skill. Once I heard my 5-year-old son suddenly say at night, "Madam will send me out of the class tomorrow." When I asked him why, he said that he did not know how to write properly. He was feeling very worried and sad. I talked to him and assured him that he would learn if he practised writing daily. From this example, we can understand that even a child of 5 years of age can suffer from stress. Children face many types of stress in their everyday life like, not having a bicycle, not performing well in school, some family problem etc. Stress is a major hindrance in the mental development and learning of children, due to which many times their mind gets distracted and they can also become illness-prone. From primary school itself, children need to learn how to recognise stress and deal with it. For this, we should talk to them regularly, sharing our own experiences, telling stories etc.

Neetu Nayde, Mother of Janvi, Class VI, BBPS Neelbad

As parents, we have a responsibility to nurture life-skills in our children. For me, the most important of these skills is discipline which brings in responsibility and self-management. Development of creative hobbies such as painting, sports or music brings about creative thinking and enhances self-esteem. Public speaking and debating cultivates articulate speech as well as critical evaluation of the issue at hand and prepares them for the challenges of today's world. General knowledge enables them to remain updated and aware. There must be a constructive application of knowledge in terms of project-based learning, role plays and discussions should be embedded in the curriculum. Students must have more practical tests as compared to pen and paper ones, to ensure originality and delve deeper into real-life applications.



Shristi & Ranjan Kumar, Parents of Sanvi, Class X, BBPS Noida



Imagine a classroom where students engage in spirited debates, collaborate on murals, or organise impactful donation drives. These activities, while enjoyable, serve as powerful conduits for imparting essential life skills. Life-skills are crucial tools for holistic development. Empathy flourishes when students volunteer at senior care homes or spearhead charitable initiatives, fostering compassion. Effective communication is honed through mock debates and group discussions, empowering students to articulate and actively listen. Critical thinking is nurtured through imaginative exercises like exploring "What if" scenarios. Teamwork gains prominence in collaborative projects, teaching students the art of synergy. Self-reflection, achieved through journaling or introspection, encourages self-awareness.

Ena Kejriwal, Mother of Swastee, Class V, BBPS Pitampura

One important life skill for school students is 'time management.' Learning to manage time helps students effectively balance academic responsibilities, extracurricular activities, and personal well-being. It encourages productivity, reduces stress, and fosters independence. To incorporate time management into the curriculum, teachers can introduce tools like planners or digital calendars and teach students how to break down tasks into manageable chunks. Assignments could include setting goals, creating timelines, and tracking progress. Classroom activities that encourage setting priorities and meeting deadlines - such as group projects or long-term assignments - can provide practical experience. Additionally, schools can teach students strategies like the Pomodoro technique (working in focused intervals) or Time -Blocking to help them allocate time efficiently. By integrating these methods into daily routines and lessons, students will gain essential skills that will benefit them academically and in their future careers.



Sumeet Azad, Father of Pratham, Class I, BBPS Rohini



In current times, empathy and self-awareness are the most important life-skills for students. To develop these qualities, we can adopt several strategies into our curriculum. For example, we can use stories and books that explore diverse perspectives to relate to different characters, feelings and experiences. We can create programmes where older students mentor younger ones, promoting connections and understanding across age groups. We can develop self-awareness by introducing mindfulness exercises such as meditation and breathing techniques to help students tune into their thoughts and feelings. We can use art, music or writing as a medium for students to explore and express their inner experiences. By embedding these practices, the school can cultivate a culture of empathy and self-awareness among students.

Deepika Raghuvanshi, Mother of Vaidika, Class V, BBPS Solan

TOPIC FOR THE NEXT MONTH

How we can help our students prepare for their future careers, and what resources or guidance would help parents in this effort?

Share with us your frank views about the topic. There is no correct or incorrect answer. All responses will help us in making the journey of our students more productive and joyful.