



# INDIAN SCHOOL SALALAH

Circular No. ISS/DP/028/2024-25

Date: 14/10/2024



Dear Parents

## Greetings from Indian School Salalah!

Mental health plays a vital role in effective learning, as education is inherently a psychological process. Students face various challenges like academic pressure and peer pressure that can impact their well-being.

We are pleased to inform you that the **Happiness and Wellness Department** is committed to support the emotional, behavioural, and academic development of our students, providing them with a safe and conducive environment as mental health is vital to their academic success. To navigate the challenges faced by the students, the **Happiness and Wellness Department provides the following services:**

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Individual and Group Counselling</li><li>• Psychological Assessment and Screening</li><li>• Career Guidance and Counselling</li><li>• Behavioural Support and Modification</li><li>• Special Support for Students with Learning Difficulties</li></ul> | <ul style="list-style-type: none"><li>• Guidance to improve academic performance</li><li>• Training and Workshops on Mental Health</li><li>• Guidance on Academic Stress, Anxiety, Peer Relationships and Personal Growth</li><li>• Development of soft skills</li></ul> |
|--|--|

**Confidential and Safe Environment:** Your child will have access to a confidential space where they can engage openly with trained mental health professionals.

**Parental Involvement:** As parents, you play a crucial role in your child's well-being. We encourage you to communicate with us if you notice any emotional or behavioural changes in your child.

**Referral and Consent:** Teachers may refer students who could benefit from counselling services, or you may reach out directly if you feel your child needs support.

**Appointments and Scheduling:** Counselling sessions are held during and after the school hours, with appointments scheduled to avoid disrupting your child's learning. Kindly ensure to book your appointment at least two days in advance. For online appointment use the following link: [Appointment Form Link](#) (available on the school website).

## Your Support Matters

We appreciate your support in promoting your child's mental well-being and encouraging them to seek help when required. Together, we can equip them with the tools to overcome challenges and thrive both academically and emotionally.

If you have any queries, feel free to contact us at: [counsellor@indianschoolsalalah.com](mailto:counsellor@indianschoolsalalah.com)

Thank you for your continued partnership in ensuring the well-being and success of our students.

**Warm Regards**  
**Happiness and Wellness Department**