



# INDIAN SCHOOL SALALAH

## CIRCULAR TO PARENTS

### [GRADES V - VIII]



Circular No. ISS/DP/015/2026-27

Date: 10.06.2026

Dear Parents,

Greetings from Indian School Salalah!

We are delighted to introduce an exciting **5-day online workshop, "Atomic Habits for Young Achievers,"** designed especially for our Middle School students, between **14<sup>th</sup> June to 18<sup>th</sup> June 2026**. Inspired by the internationally acclaimed book *Atomic Habits*, the programme aims to help students develop positive habits, strengthen self-discipline, and build a growth mindset through simple, practical, and engaging activities.

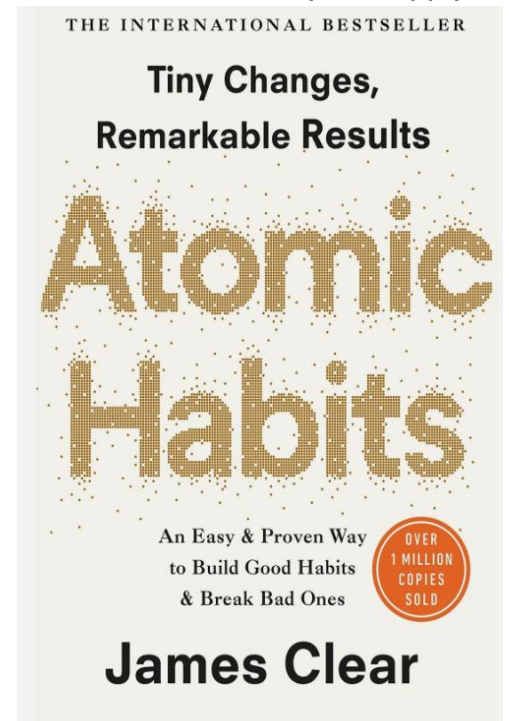
Success is not achieved through one big action but through the small choices we make every day. This workshop will encourage students to understand the power of tiny habits and how consistent effort can lead to remarkable personal and academic growth. Through interactive discussions, fun challenges, reflective activities, and real-life examples, students will learn valuable life skills that they can apply in their daily routines.

The workshop aims to help students:

- Develop positive daily habits and routines.
- Build self-confidence and resilience.
- Improve time management and organisation.
- Learn strategies to overcome procrastination and distractions.
- Set meaningful goals and work towards achieving them.
- Foster responsibility, perseverance, and a growth mindset.

At the end of the programme, each participant will create a personalised habit tracker and an action plan to continue their journey towards positive change.

We encourage all students to participate actively and make the most of this enriching learning opportunity. The habits they build today can become the foundation for their future success and well-being.



## **Registration Details**

- The workshop is open to Middle School students.
- **Only 80 participants can be accommodated** to ensure meaningful interaction and active participation.
- **Registrations will be accepted on a first-come, first-served basis and will automatically close once the maximum limit of 80 participants is reached.**
- Parents are encouraged to register their ward at the earliest to avoid disappointment.
- Timings:
  - Grades 7 and 8: 8:00 a.m. – 9:00 a.m. GST (9.30 a.m. – 10.30 a.m. IST)
  - Grades 5 and 6: 9.30 a.m. – 10:30 a.m. GST (11:00 a.m. – 12 noon IST)
- **Registration Links:**
  - Grades 7 and 8: <https://forms.gle/wyfzqwCwfuwfsBcr6>
  - Grades 5 and 6: <https://forms.gle/qpQVNU9wWZqx2xrj8>

**Please note:** Students are expected to attend all five sessions in full.

We look forward to your support and cooperation in motivating your child to embark on this exciting journey of self-discovery and habit building.

With Regards



**DEEPAK PATANKAR**

**PRINCIPAL**