



B.D.M. INTERNATIONAL

**PARENT ORIENTATION
PROGRAMME
ACADEMIC SESSION
2023-2024**

Welcome Parents!

What is the importance of School in a child's life?

We all know school is essential for both knowledge and social skills development. School is the foundation of knowledge being imparted to a child. It gives an opportunity to children to acquire knowledge on various fields of education.

Meet our School Leaders

**“Children must be taught how to think,
not what to think...”**



Ms. Madhumita Sengupta
Principal



Ms. Madhumita Seal
Vice Principal

“Education is not preparation for
life...education is life itself ”



Ms. Rakhi C. Lahiri
Headmistress Primary



Ms. Puja Sharma
Co-Ordinator Upper Primary

“Education is the mother of leadership...”



Ms. Mrinmoyee Mukherjee

Upper Primary In-charge – Morning Shift



Ms. Swati Sengupta

Upper Primary In-charge – Day Shift

Things to keep in mind...

- ▶ **Students must come to school in proper school uniform with tie, belt and ID card regularly.**
- ▶ **Shoes should be polished.**
- ▶ **Girls and boys should be in proper hair cut. No hair styling should be done.**
- ▶ **Girls having shoulder length hair will make two pony tails and girls having hair below shoulder length should make two plaits.**
- ▶ **Only black hairband/ hairpin/ rubber bands are allowed.**
- ▶ **Students should cut their nails timely and **NO** nail paints, mehendi and tattoo are allowed.**
- ▶ **Books and notebooks should be covered and labelled properly with marker pen.**
- ▶ **Books to be brought as per time table.**
- ▶ **Please follow the school almanac for further ‘code of conduct’ of student.**

- ▶ Particulars of the student including the medical records in the school almanac should be filled up and signed by the parents/guardians only.
- ▶ Students should keep 3 copies of stamp size photo ready with them for the purpose of almanac(2) & temporary ID Card(1). Photo should be in school uniform and in white background.
- ▶ Students **should not bring electronic gadgets, toys, excess money or any other expensive/barred items to the school.**
- ▶ Students must speak in English except in vernacular classes.
- ▶ Opportunities are provided in the school for students to participate in the multifarious activities for their holistic development.
- ▶ Four exams are conducted throughout the session - Periodic test-1, Half Yearly, Periodic Test-2, Annual.
- ▶ Guardians are requested to attend the PTM regularly and follow the school almanac to know about the progress of their ward.
- ▶ Guardians are requested to download the B.D.M. International School App (Android: Google Play Store) and Vawsum App (Apple: iOS App Store) and keep it updated. All school related information will be shared via the school app.

*B.D.M.I. has organized various activities
throughout the session...*











B.D.M.I. focuses on Mental Health and well being of the students

- **Counselling sessions are provided to the students as per their requirements.**
- **Both individual and group sessions are conducted as needed.**
- **Parents can refer their wards for counselling by filling up a referral form which they can obtain from the respective Teachers.**

Why Is Mental Health Important for Students?



- **Better Concentration**
- **Improved Relationships**
- **Improved Sleep Quality**
- **Academic Achievements**
- **More Self-Confidence**
- **Lower Anxiety**
- **Stronger Social Skills**
- **Reduced Risk of Depression**

IMPORTANCE OF MENTAL HEALTH FOR STUDENTS

Improved
Academic
performance



Better
physical
health



Improved
mental
well-being



Increased
social
interactions



Reduced
stress



HOW TO IMPROVE MENTAL FITNESS IN CHILDREN

Mental fitness refers to a child's ability to cope with the challenges of life. To Improve your child's mental fitness:



Make Time for Family Meals:

Family meals are a great opportunity to connect with your children and teach them healthy eating habits.



Encourage Outdoor Play:

Daily outdoor play is important for children's physical and mental health, as it supports their independence and resilience.



Limit Screen Time:

Try to limit screen time to one hour per day or less, as too much can be harmful to children's sense of anxiety and self-esteem.



Encourage Positive Self-Talk:

Help children identify and reframe negative thoughts from "I can't do this" to "I can try my best".



Teach Them Relaxation Techniques:

Techniques like deep breathing can help children calm down and manage stress in difficult situations.



Promote Social Connections:

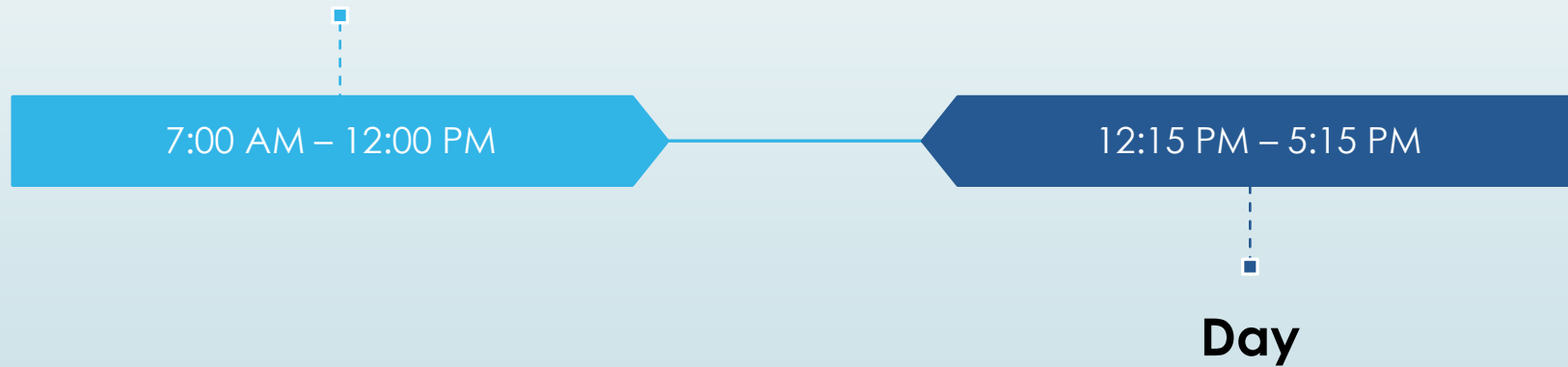
Help children develop and maintain close friendships by encouraging them to participate in clubs that interest them.





School Timings

Morning:



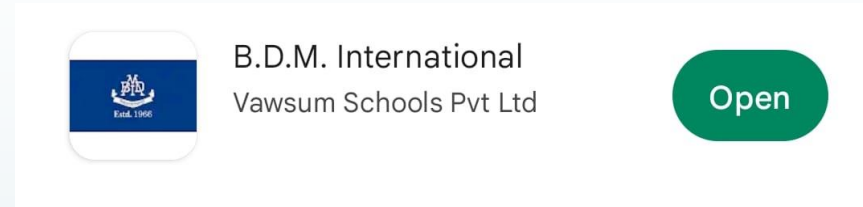
Note: Arrive 5 minutes before the reporting time

B.D.M. International School App

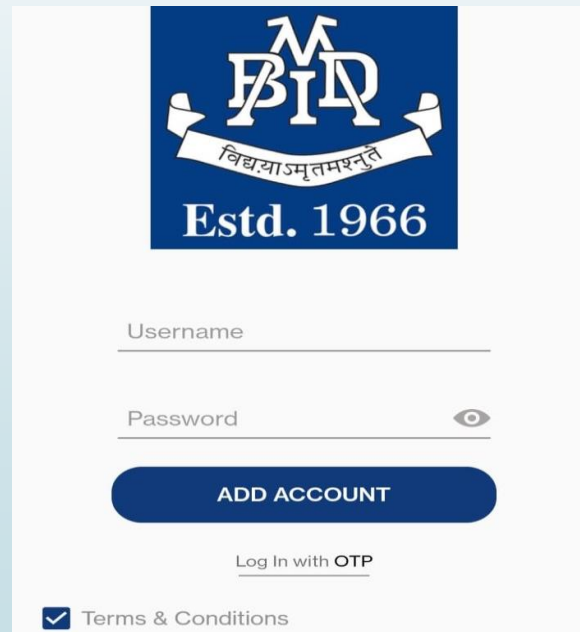
21

For Android Users

•Download B.D.M. International App from Play Store



•User ID and Password will be shared by the Class Teachers

A screenshot of the B.D.M. International app login screen. At the top is the school's logo, a blue square with a white crest and the text 'Estd. 1966'. Below the logo are two input fields: 'Username' and 'Password'. The 'Password' field has an eye icon to its right. Below the input fields is a blue button with the text 'ADD ACCOUNT'. Underneath the button is a link that says 'Log In with OTP'. At the bottom left, there is a checked checkbox followed by the text 'Terms & Conditions'.

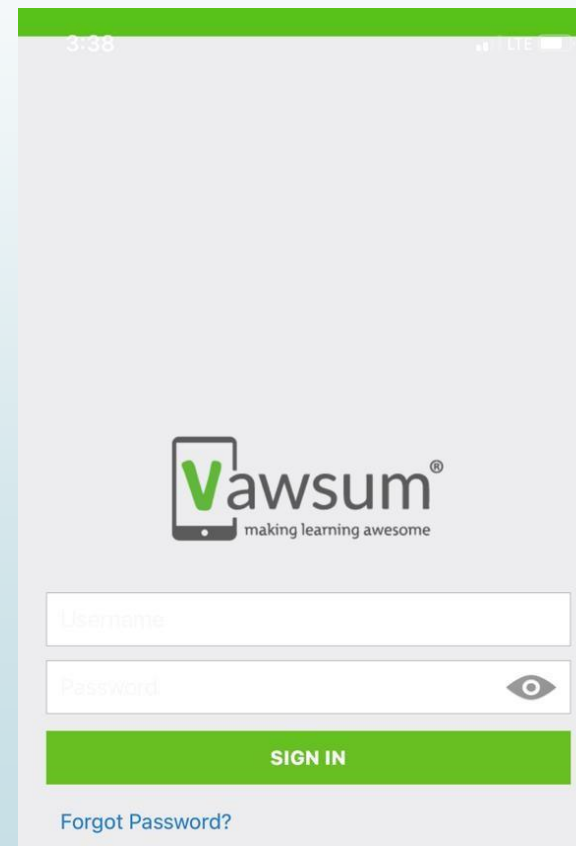
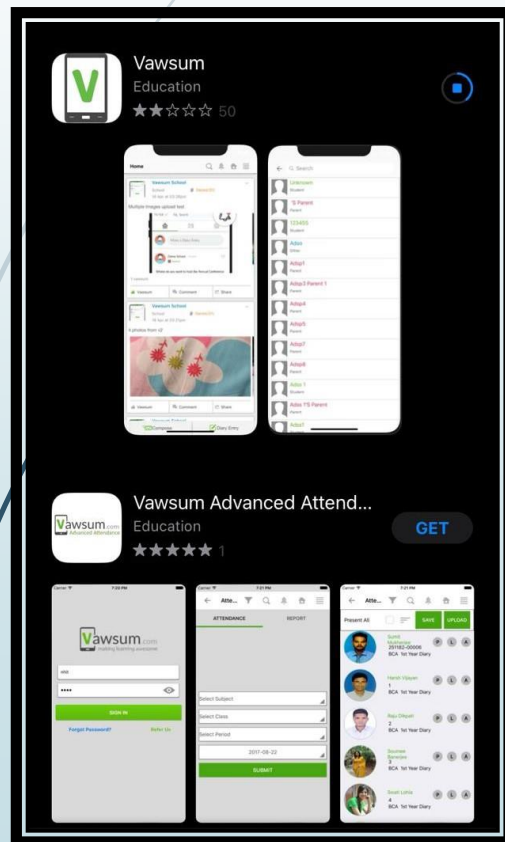
B.D.M. International School App

22





For Apple Users

Download Vawsum App from the Apple Store

User ID and Password will be shared by the Class Teachers



Information Portal

Website	www.bdmi.org
 Facebook Page	<i>#bdminternational</i>
 Instagram Page	<i>bdm_international</i>
 YouTube	<i>BDM International</i>
 School App	<i>B.D.M. International (Android) Vawsum App (iOS)</i>

