

VESLARC

JULY 2026 NEWSLETTER

THEME: Safe Hearts, Strong Minds, Better Choices: Growing Together

WHAT HAPPENED THIS MONTH AT VESLARC:

July was a month of connection, awareness, emotional growth and meaningful choices at VESLARC. Through a series of engaging workshops conducted for students and parents, we explored important skills that contribute to a child's overall well-being and development

★ **Student Safety:** Students explored the importance of personal safety, awareness, boundaries and knowing when and how to seek help.

★ **Emotional Regulation:** Two interactive workshops helped students recognise their emotions, understand their triggers and learn healthier ways of responding to difficult feelings.

★ **The Power of We:** Cultivating a Loving and Stimulating Environment. Our students participated in an engaging session led by guest speaker Mr. Vijay Acharya, highlighted the importance of togetherness, cooperation, empathy and the strength we find in working as a team.

★ **Parent Induction:** Two parent induction sessions focused on helping parents understand their role in supporting children's emotional, social & developmental needs while strengthening the connection between home and school.

★ **One Second. One Life. One Choice.:** Students were encouraged to recognise that even a brief pause can create space for better decisions. The session highlighted awareness, responsibility and the importance of thinking before acting.



MESSAGE FROM THE COUNSELOR

Every child deserves to feel safe, understood, connected, and empowered. As children grow, they are constantly learning how to navigate emotions, relationships, challenges, and choices. Our role as adults is not to make every difficult moment disappear, but to equip them with the skills and confidence to handle these moments with awareness and resilience.

This month at VESLARC, our workshops focused on helping children develop these essential life skills — from understanding personal safety and regulating emotions to building meaningful connections and making thoughtful choices. Through our parent induction sessions, we also welcomed parents as important partners in creating a consistent and nurturing environment for children.

When children learn to pause before reacting, express themselves safely, reach out for help, respect others, and make responsible choices, they are not only learning for today — they are building skills that will support them throughout life.

“When children feel safe, connected and understood, they find the confidence to make better choices and become the best version of themselves.”

– Dhvani Madan





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THOUGHT OF THE MONTH

"I can pause, understand my feelings, ask for help, and make choices that keep me and others safe."

REMEMBER : YOU MATTER. YOUR VOICE MATTERS. HELP IS ALWAYS WITHIN REACH.



NEED HELP?
VESLARC : YOUR HAPPY PLACE
10:00 AM - 5:00 PM



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