

Grade LS-1

Dear Students & Parents,

Namaskar!

We are delighted to apprise you about our **Self-Reflection & Appreciation Program** for the students of Cambridge Grade LS-1.

Self-reflection is the act of introspectively examining one's thoughts, actions, emotions and beliefs. It is a process of looking inward to gain insight into oneself, often with the intention of personal growth.

Self-reflection is a vital component of personal development and emotional intelligence. It also fosters empathy and compassion towards oneself and others. So, the aim of this Program is to recognize and appreciate good behavior displayed as a habit and not a time gesture.

This Program has the following STEPS:

1. The student is expected to weekly self reflect and appreciate oneself by rating himself/herself on various areas related to behavioral parameters. This will be done every Friday using the enclosed Google form.

<https://forms.gle/wxEmG8qisDfuyCeB8>

2. The Students' Self Reflection Responses would be shared with the respective grade tutors for their feedback at the end of month. "Star of the Month" Certificate will be awarded based on the responses and teachers feedback.

3. "Star of the Year" will be awarded only to the students with exemplary behaviours and a minimum of 9 certificates throughout the year.

Let's encourage the students to make the most of this magnificent opportunity!

Warm regards

**Mrs. Tejinder Kaur
Head Cambridge
Kothari International School**