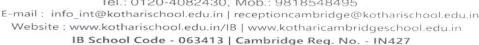


## KOTHARI INTERNATIONAL SCHOOL

B-279, Sector-50, Noida-201 301 (U.P.) India Tel.: 0120-4082430, Mob.: 9818548495









11 July 2025

## **GRADES LS1-LS3**

Pause & Pilot: Navigating Emotions with Intention Session

Dear Students & Parents,

Namaskar!

We would like to inform you that **Kothari International School (IB & Cambridge)** is hosting an enriching *Pause & Pilot: Navigating Emotions with Intention* session for our students of *Grades LS1-LS-3*. The resource person for this session is Ms. Vanya Chadha, our Faculty of Psychology & School Counsellor (IB & Cambridge).

This session is a powerful starting point for guiding young learners toward lifelong emotional competence, in turn helping them understand their feelings, cope intentionally and engage more meaningfully with themselves as well as their peers.

The details of the session are as follows:

Day & Date: Monday, 14 July, 2025

Time: 8:00am-9:00am

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

Warm regards

Mrs. Tejinder Kaur

Head of School (IB & Cambridge)

Kothari International School