



25 September, 2025



International School

GURUGRAM

future belongs to the curious

GIS/ACAD2025-26/000104

Dear Parents,
Greetings to the GEMS family!

"No man is an island, entire of itself; every man is a piece of the continent, a part of the main." — John Donne

At GEMS International School, Palam Vihar, Gurugram, we believe strength lies not in standing tall alone, but in standing together. Our theme this year— *"The Power of Us: Celebrating Community & Differences"*—reminds us that healing begins with conversation, connection, and community.

We are delighted to invite you to the fourth edition of *Semicolon – Voice of Hope*, our annual celebration of mental health, inclusion, and the human spirit, on Thursday, October 8, 2025, in honour of World Mental Health Day.

This year's event brings together students, educators, parents, and mental health professionals through offline and online sessions, interactive workshops, and creative expressions that amplify voices, encourage help-seeking, and nurture empathy. While children are often at the centre of such events, this year we also invite you to join us in continuing our own journeys of learning and care.

◆ **Panel Discussion: Supporting Neurodiverse Learners**

Explore how families, educators, and communities can come together to better support students with learning differences, ADHD, autism, and emotional needs.

◆ **Breath, Body & Beyond – Expressive Arts Workshop**

A gentle, restorative session using movement, breath, and creative expression to support your personal well-being and reduce stress.

Register for the workshop & panel discussion using the link below:

<https://forms.gle/RFn6KM2atGTdFe7M6>

Parents can also register themselves for-

- Letters that Heal: An online reflective writing event for educators and parents to express the unspoken thoughts and emotions of nurturing young minds.
- Canvas of Connection: A parent-child art collaboration for families of Grades 3–8.

For comprehensive details and registration links regarding the events, workshops, and live engagements, kindly refer to the attached document. Look forward to see you join us in this journey of connection, courage, and compassion at Semicolon – Voice of Hope. Let us turn silence into support, and stigma into strength—together.

Warm Regards,

Preeti Arora

EA to Director & Registrar

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