



Circular No. 19/2025-26

Date: 01/09/2025

## **FROM SCHOOL TO HOME: AWARENESS SERIES FOR PARENTS**

(SUPPORT AND GUIDANCE FOR STUDENTS DURING MID-TERM EXAMINATIONS)

### FROM THE DESK OF THE SCHOOL COUNSELLOR:

As the midterm examinations are approaching, this period is crucial for students to consolidate their concepts, enhance their skills, and strengthen their understanding. Your encouragement and support at home will go a long way in helping them prepare with focus and confidence.

We request you to kindly take note of the following points during this phase:

1. Ensure children follow a healthy routine with adequate sleep and balanced, nutritious meals.
2. Provide a quiet, comfortable, and distraction-free study environment.
3. Encourage regular and consistent revision rather than last-minute cramming.
4. Help them prepare a realistic timetable for study and revision.
5. Motivate with positive words and appreciation for effort, not just results.
6. Avoid unnecessary comparisons with peers or siblings.
7. Allow short breaks for relaxation, stretching, or light exercise.
8. Keep them hydrated and include brain-boosting foods (fruits, nuts, milk, etc.).
9. Monitor screen time and restrict unnecessary use of gadgets and social media.
10. Discuss their doubts calmly and, if needed, connect with teachers for support.
11. Encourage students to practice writing answers to improve speed and accuracy.
12. Teach simple breathing or relaxation techniques to reduce anxiety.
13. Spend quality time in the evenings to keep them emotionally balanced.
14. Remind them to keep exam essentials (stationery, ID, admit card) ready in advance.
15. Most importantly, reassure them that sincerity, effort, and learning are more valuable than marks alone.

With your cooperation, we can help our children approach exams with calmness, positivity and confidence.

Dr. Meghna Bansal  
Senior Counsellor

  
Amita Ganjoo  
Principal