

SATYA/ACAD/CIR/2024-25/109

December 18, 2024

Dear Parents,

Namaste!

During examinations and declaration of results, we recognize that students, teachers, and families may experience heightened stress and anxiety. At this time, it is important to maintain open communication and adopt healthy strategies to support our children effectively.

We would like to address a few important aspects concerning **exam stress, communication with our children**, and how we can deal with it all, through **brain plasticity and keeping a growth mindset**. It is important to keep in mind the children's well-being while ensuring a balanced approach to help them manage their emotions and workload without feeling additional pressure.

Please read the following points carefully:

1. Understanding Exam Stress

Exams are often a source of stress for many children. It is normal for students to feel a certain level of pressure during this period, but it is important that they do not feel overwhelmed. As parents and educators, we must work together to reduce this stress by focusing on emotional support, providing a structured routine, and ensuring that children understand that exams are a part of their learning process, not a measure of their worth.

2. Communication is Key

Open and honest communication between parents and children, as well as between teachers and parents, is crucial. Please ensure that you are discussing with your child their feelings about exams, the effort they have made, the gaps they think exist, the support/ help they need or what they can change next time followed by offering reassurance. We urge parents to look at their achievements and have a conversation on analysing what went right.

Encourage them to express any anxieties they may have and actively listen. Similarly, we encourage parents to reach out to the school should you need any additional support or clarification about the exams or your child's well-being.

3. How to Deal with Exam Stress – Brain Plasticity and Growth Mindset

Recent studies show that the brain is highly adaptable (brain plasticity), which means that it can form new connections and develop in response to experiences. This concept is particularly useful when dealing with stress. Encourage your child to use relaxation techniques such as deep breathing, mindfulness, or even physical exercise to help reduce anxiety. Focus on healthy study habits, proper sleep, and maintaining a balanced diet, as these all have positive effects on brain function and overall well-being.

For a growth mindset first and foremost is the belief that we can grow from our mistakes. Every positive step needs to be recognized and the term “I can do it” should be reinforced. It is important to remember and remind your child that they can grow and do better from where they are currently. They must be reminded that marks do not define their identity.

To learn more on growth mindset you can visit the below site:

[Growth Mindset for Students | Greater Good In Education](#)

Step-by-Step Process to Help Your Child

To reduce exam stress and ensure your child is well-prepared without additional pressure, follow these steps:

a) Positive Reinforcement: Praise your child for the effort they put into studying rather than focusing solely on the results.

b) Limit Overload: Avoid overburdening your child with too much work or unrealistic expectations. Small, regular study sessions are more effective than last-minute cramming.

c) Learn from Mistakes: Let your child know that its ok to make errors, but at the same time it is important to learn from those errors for the next time. Come up with strategies and a study plan to do better next time and try to figure out why they lost the marks, so that they don't repeat the same thing again.

d) Encourage Problem-Solving: Help your child develop a plan for tackling their assignments and revision. Show them how breaking tasks down into smaller, manageable steps can make the process feel less overwhelming.

e) Encourage a Healthy Home Environment: We ask that you continue to maintain a positive and supportive home environment for your child, particularly during the exam period, to ensure that they feel loved, safe, and understood.

f) Encourage a Healthy Routine: Ensure your child has a balanced routine that includes time for studying breaks, healthy meals, and sleep.

Additionally, to the above points, we would like to bring your attention to celebrations and events:

Birthday Parties & Invitations

As we approach the festive season, we understand that birthday parties and social events may come up. Please note that **invitations for birthday parties and other home celebrations should not be distributed at school**. We encourage parents to manage the invitations independently and respect the privacy of others in the school community.

Children who are not invited, feel left out and disappointed.

6. Responsibility of Parents at Home

Finally, we would like to remind parents that **anything that happens at home, especially concerning behaviour and discipline, is the responsibility of the parents.** We ask that you continue to remind them of **appropriate use of language, respect others, and refrain from side tracking their peers.**

Together, we can support our students through stressful situations with care and empathy.

We look forward to your cooperation and support.

Warm regards



Manisha Malhotra
Director Principal