



IIS/CIR/113/2025-2026

25/11/2025

Dear Parents,

“Greetings from IIS Family”

As our students of **Grade X & XII** move closer to their **CBSE Board Examinations 2026**, we understand that this period can bring excitement as well as heightened stress and anxiety. At this crucial stage, your support and understanding play an important role in helping them stay calm, confident, and focused. In line with CBSE guidelines that emphasize student well-being, balanced preparation, and emotional safety, we would like to share a few important **do's and don'ts** to assist you in supporting your child effectively.

Do's for Parents

- Create a positive and calm home environment that encourages regular study without pressure.
- Establish a balanced study routine with breaks, adequate sleep, and healthy meals.
- Encourage open communication so your child feels comfortable expressing their worries, fears, or academic challenges.
- Motivate rather than compare: each child learns at their own pace, and comparisons can increase pressure.
- Acknowledge their efforts instead of focusing only on marks. Recognizing progress helps build confidence.
- Guide them to practice self-care, relaxation techniques, short walks, and mindfulness to reduce exam anxiety.
- Stay involved and informed, checking that they follow the schedule, revise regularly, and seek help when needed.
- Encourage the use of credible resources such as NCERT/CBSE materials, sample papers, and teacher guidance.

Don'ts for Parents

- Avoid creating a high-pressure environment through constant reminders or unrealistic expectations.
- Do not compare them with peers or siblings, as this may lower morale and increase anxiety.
- Avoid discussing negative outcomes or focusing on fear of failure.
- Do not overload them with too many reference books or additional tuition unless genuinely required.
- Avoid interrupting their study routine with unnecessary tasks or frequent breaks.
- Do not ignore early signs of stress, such as sleep issues, irritability, withdrawal, or loss of appetite.

Please be assured that the school is committed to supporting every student's academic and emotional well-being. Our teachers, counsellors, and academic teams are available to assist students through revision support, doubt-clearing sessions, and personalised guidance. Together, we can ensure that our students feel safe, supported, and confident throughout their board preparation.

We request parents to partner with us in creating a nurturing environment where students feel encouraged and understood. Your reassurance, patience, and positive words can make a significant difference during this important phase.

Note: The school will shortly release the Model 2 and Remedial plan which will be conducted till end of the CBSE Board Examination 2026.

Thank you for your continued support.

Stay safe & healthy!



PRINCIPAL
Ms. Qurat Ul Ain

