

PARENTING NEWSLETTER

VOL. 1 FEBRUARY ED.
1ST FEB 2026



Special Exam Edition— Helping Students Stay Emotionally Strong During Exams



Dear Parents,

Board exams and final assessments are approaching — a time of hard work, nerves, and big expectations. This note is to remind you that alongside study plans and revision timetables, emotional balance matters just as much. Small, steady support at home can make a huge difference to a child’s well-being and performance.

Below are a few current facts and gentle do’s & don’ts to help your child stay calm, confident and connected during the exam season.

A few points to notice (research & India-specific data)

- **Exam-related distress is a real concern in India:** research shows exam failure contributes to a portion of student suicides, and nationwide student suicides reached 13,892 in 2023 — a worrying trend that highlights the need for early support.
- **Schools are responding:** the CBSE has recently mandated appointment of mental-health and career counsellors in affiliated schools to provide emotional support and early intervention. This means your child can (and should) be encouraged to use school counselling resources when needed.
- **Sleep, screen use and anxiety are linked to exam performance:** Indian studies show poor sleep and excessive screen time are associated with lower academic outcomes and higher anxiety in students — small, realistic changes to sleep and device habits can therefore help performance.
- **Post-pandemic classroom return and rising academic load have increased exam anxiety for many adolescents;** recognizing early signs (withdrawal, persistent worry, frequent physical complaints) lets parents act early.

WAYS PARENTS CAN HELP

✓ DO

- Praise effort and consistent habits (not just marks).
- Encourage small breaks and short physical activity between revision.
- Keep family conversations positive and realistic.
- Share your confidence in their preparation: “You’ve prepared; do your best.”

✗ DON'T

- Compare results with siblings or peers.
- Use threats or punishments tied to performance.
- Force all-night study marathons — these harm memory and mood.
- Brush off physical symptoms (headaches, stomach aches, sleeplessness) as “just nerves.”

Exams test knowledge, not worth. Your calm presence and steady support buffer stress and help your child perform at their best. Let's work together — school and home — so every student can face exams with courage and composure.