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Stress Free Exams

Dear Parents,

Parents are often at a loss on how to help prepare their ward before boards especially when it comes to managing stress due to board exams. It has been time and again proven that stress affects one's productivity and performance, be it board exams or any other important event.

Here are some important tips for parents to help your child prepare for upcoming board exams:

- **Try to stay calm:** Avoid burdening your child with your stress. He/she is already handling his/her own stress, so do not add more.
- **Create a suitable study Environment:** Provide your child with enough space to study. Make sure that the study area is ventilated, well lit, distraction free and clutter free.
- **Be a Support System:** Do not create any fear of failure. Encourage them by sharing your own experiences and praising them for their efforts. Speak of only positive outcomes and stay aware of their needs and be available to address any concerns.
- **Make sure they get enough sleep:** This will help your child to calm his/ her nerves and be more focused.
- **Do not insist your child to study constantly:** as attention span is nearly up to 45 minutes so encourages your child to take short breaks after every 45 minutes of studying.
- **Feed them with Nutritious food:** The idea is high protein and low carbs. Avoid feeding them with oily or junk as it leads to lethargy.
- **Set Realistic Expectations:** Every child is unique. Don't compare your child. Know that your child has limits and will only perform according to his/her abilities. As a parent trust your child abilities, efforts and set realistic expectations.

Good Luck!

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