



केन्द्रीय विद्यालय संगठन

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KENDRIYA VIDYALAYA SANGATHAN

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ISAMPAL

DEPUTY COMMISSIONER

F.DO/2015/KVS(BPL)

Dated: 21/12/2015

Dear Parents,

As exam approaches, there are things that you as parent can do to keep your child motivated during this time of the academic year. Here are few things you can do so that he/she is able to achieve the best he/she can :

01. **Special timetable** : It's great if your child is organized but in a world where attention spans decrease by the second, you can help your child develop a plan of action. Sit with him/her and prepare a special timetable for studying and for the all important revisions. The attention span of an average student is about an hour and that is why subject periods in schools are about that duration or lesser. Do the same while preparing the timetable – devote one hour to studying with concentration and follow it up with a break of about ten minutes.

02. **Play time** : Where most parents falter is while allotting the much needed recreation time. It is not just the length of the break, it is also what your child does during that time is important. Outdoor games and indoor games atleast twice a week each, should be the part of the timetable. Many students who are interested in sports or music or other co-curricular activities completely forego which they love to do during exam time. This may lead to drop in performance. Your child may get tired after playing but brain also gets tired after studying as well. Playing for half an hour serves as a much needed energy boost and also brings ample oxygen for the brain to help it be alert and energetic.

The breaks in between studying of your child are different. Instead of your child killing time sitting in front of the TV, you may encourage him to read a small comic book or play games which would get over in about ten minutes. Loud music or TV is not recommended because there are chances the learnt material will be replaced with the lyrics or the events on TV. These can block the learning process for the next session of studying.

03. **Soothing environment** : Studying vast portion can take toll on child's ability to grasp the subject. Providing him/her with the right space to study is soothing you must do as parents. Make your house comfortable for your child to study in. You can make it easy for him by doing so. Some children experience light anxiety and a mild adrenaline rush while studying. Playing soft instrumental music can have a soothing effect on the mind. It reduces anxiety level and increases concentration. You can also give your child an almond oil head massage everynight.

04. **Support and encouragement** : Counsellors have been screaming from mountain tops that exams are a stressful time for kids. As parents you need to support your kid in his/her efforts and not push him/her. As much as adolescence might fight to not show it, this is the time they need you the most. This is the time to listen to them rather than give advice. If you are one of those who take leave from work for your child's exam, then ensure that you are a support to him/her. Maintain a positive environment around the house and don't compare your child with cousins, friends or siblings.

P.T.O.

05. **Food** : Getting the right nutrition is important. The right kind of food and drinks can re-energize a child's system and increases his/her alertness. Try healthy mood lifters like nuts, dry fruits, popcorn or have a food smoothie, instead of food that gives sugar rush which may make child slump soon after eating. Ensure that your child eats well.

06. **Enough sleep** : Getting good sleep is essential for a good performance. A good night's sleep helps improve concentration level. Teenagers need bit longer sleep. Moreover, the same sleeping duration is maintained everyday.

Having talked about the larger issues of why your child should study well for his/her exam, it is important that it need not be a stressful process, but an enjoyable one.

With regards,

Yours sincerely,


(ISAMPAL)

Parents of Children of Class X & XII
Kendriya Vidyalayas, Bhopal Region
(Through Principal, KVs concerned)

Copy to :

01. The Assistant Commissioners, KVS, Regional Office, Bhopal with the request to take the needful follow up.
02. The Principal, Kendriya Vidyalayas of Bhopal Region with the request to deliver the DO to the parents as above (one copy to each) through children concerned studying in their Vidyalayas, under intimation to this office within a week.