

Parenting Calendar (April to June) – Class VII

As the months of April and May have already passed, parents are encouraged to carry out the suggested activities during the summer break in June. These activities will help strengthen family bonding, improve learning habits, and prepare students positively for the new academic session.

APRIL

- **Focus Areas:** Setting academic goals, Building study routines, Time management, Healthy habits
- 1. **Week 1:** Help your child organize books, notebooks, and timetable. Create a daily study schedule.
- 2. **Week 2:** Discuss school expectations and encourage regular homework completion.
- 3. **Week 3:** Spend 20 minutes daily reading together or discussing current affairs.
- 4. **Week 4:** Encourage outdoor games, balanced diet, and proper sleep routine.

Parent Tips:

- Praise effort rather than marks.
- Monitor screen time.
- Encourage punctuality and self-discipline.

MAY

- **Focus Areas:** Revision and practice, Communication skills, Creativity and hobbies, Family bonding
- 5. **Week 1:** Help your child revise difficult subjects using charts or flashcards.
- 6. **Week 2:** Encourage speaking in English/Hindi through family discussions.
- 7. **Week 3:** Motivate participation in art, music, sports, or other hobbies.
- 8. **Week 4:** Plan a family activity such as cooking, gardening, or storytelling together.

Parent Tips:

- Avoid comparing your child with others.
- Encourage curiosity and questioning.
- Appreciate creativity and independent thinking.

JUNE

- **Focus Areas:** Confidence building, Social responsibility, Digital safety, Goal review
- 9. **Week 1:** Discuss strengths and areas of improvement with your child positively.

10. **Week 2:** Teach simple responsibilities like organizing study space and helping at home.
11. **Week 3:** Talk about safe internet usage and responsible social media habits.
12. **Week 4:** Review academic goals and celebrate achievements, big or small.

Parent Tips:

- Encourage open communication.
- Listen patiently to your child's concerns.
- Support emotional well-being along with academics.

Daily Healthy Habits Checklist

- Complete homework on time
- Read for at least 20 minutes
- Drink enough water
- Play outdoor games/exercise
- Sleep for 8–9 hours
- Limit unnecessary screen time

Teacher's Note

Parents and teachers together can help children become confident, responsible, and happy learners. Regular encouragement and communication make a big difference in a child's growth.