



PARENTING CALENDAR

SESSION 2026-27

UTTARAKHAND PUBLIC SCHOOL

Classes - XI, XII



Introduction To The Parenting Calendar (2026-27)

Parenting today is both deeply rewarding and increasingly complex. As children navigate a fast-changing world shaped by new learning environments, evolving expectations, and diverse influences, the role of parents becomes even more significant in providing stability, guidance, and emotional grounding. A child's development is most meaningful when supported consistently across both home and school.

This is the separation and purpose phase. The child is becoming an adult in front of you. The parenting task now is not to guide but to accompany — and eventually, gracefully, to let go.

What the Parenting Calendar for academic session 2026- 2027 includes: The Parenting Calendar for academic session 2026- 2027 has been thoughtfully designed to address the full spectrum of student development — academic, emotional, social, and personal.

It encompasses the following key components:

Regular Parent–Teacher Interactions- Structured meetings at key academic and developmental milestones will provide parents with timely, meaningful insights into their child's progress, emerging challenges, and individual strengths - enabling informed, collaborative decision-making between home and school.

Need-Based Meetings- Recognising that every child's journey is unique, the Calendar provides for need-based meetings to ensure timely hand-holding and targeted intervention for students and families who may require additional support at critical junctures.

Workshops for Parents- A curated series of workshops will equip parents with practical knowledge and evidence-informed strategies on topics such as effective parenting approaches, adolescent development and concerns, mental well-being, digital safety, and academic support techniques.

Inclusion of Substance Awareness and Preventive Education- Recognising the importance of early awareness and informed prevention, the Calendar incorporates focused engagement around substance use. This includes sensitising parents to risk factors, early signs, and age-appropriate ways to initiate conversations with children— enabling them to respond with awareness, confidence, and care.

Engagement Activities- To foster a genuine sense of school community, the Calendar encourages meaningful parental participation in school events, collaborative projects, and interactive learning experiences — deepening the connection between home, school, and child.

Continuous Reflections & Feedback Mechanisms- An ongoing feedback framework will ensure that the initiative remains dynamic and responsive — evolving in line with the changing needs of students, parents, and educators, and enabling continuous improvement of the parenting engagement programme.

NEP Implementation- Curriculum and Pedagogy Updates- A dedicated section addresses the curriculum and pedagogical changes being introduced in schools as part of the implementation of the National Education Policy (NEP) 2020. This section aims to orient and engage parents with the transformative shifts in teaching, learning, and assessment — ensuring families are informed partners as schools transition to the NEP framework.

The Role of Parenting in Education

Parents play a central role in shaping a child's learning experience, extending far beyond academic support. Their involvement influences a child's confidence, motivation, behaviour, and overall approach to learning. When parents show interest in their child's education, maintain open communication, and create a supportive home environment, it strengthens the child's sense of security and engagement with school.

April — Managing Parental and Teen Anxiety The competitive examination ecosystem creates immense future anxiety in Class 11– 12 students.

Parent focus: Some themes that could be emphasized at this stage of development are outlined- Separating your identity from your child's aspirations and results; the gap year conversation; what to do when a child's dream and a parent's expectation are genuinely different; the cost of winning the entrance exam and losing the child.

May — Creating a balanced routine Coaching classes, mock tests, revision sessions — the Class 11– 12 child often has no life outside preparation. This is not dedication. It is deprivation.

Parent focus: Some themes that could be emphasized at this stage of development are outlined— The research on diminishing returns in study hours; protecting one non-academic anchor — sport, music, friendship — as a mental health necessity, not an indulgence.

July & August — Preparing to Let Go The deepest parenting task of Class 11–12 is preparing for separation — college, hostel, another city, another country. Parents who have not done this work find themselves either clinging or collapsing when the child leaves.

Parent focus: Some themes that could be emphasized at this stage of development are outlined- Examining your own separation anxiety; building the child's practical independence before they leave; the difference between staying connected and staying controlling; what the relationship looks like after they leave.

September & October— Reflection & Way Forward As Class 12 ends, parents have the rare gift of perspective. What did we actually build? What did this child learn from watching us live?

Parent focus: Some themes that could be emphasized at this stage of development are outlined- The family legacy conversation — what values did we pass on and which did we fail to model; the apology a parent might owe a child they over pressured; celebrating the whole person, not only the result. In addition, it is advisable to meet parents regularly for feedback and reflection.

Parenting Workshop:

These are structured sessions that will help parents better understand their child's academic, social, and emotional development. The goal is to provide parents with practical strategies and insights through tailored workshops for parents, ensuring parents are well-equipped to support their child's holistic growth.

1.Navigating Exam Stress & Time Management – Strategies to help parents support teens in balancing academics, relaxation, and healthy study habits. Setting realistic goals and time management, support teens with board and entrance exams.

2.Career Roadmap – Guidance on evolving career trends, emerging fields, and how parents can help students make informed career choices, keeping the students' interests and aptitude in mind.

3.Skill Development: Encouraging students to enhance interpersonal communication skills, work ethic, teamwork and leadership skills.

4.Safety and Consent: POCSO awareness workshop, understanding healthy boundaries in interpersonal relationships, bullying, and strengthening parental capacity to guide adolescents in making responsible choices, including resisting peer pressure, managing exposure to substance use, and seeking support when needed.

SCHOOL-BASED ACTIVITIES

1.Parents as Mentors & Industry Experts – Career exploration and expert sessions with parental guidance.

2.Financial Literacy Challenge – Parent-teen teams engage in real-world financial planning exercises, discussing personal finance, budgeting, and investment strategies.

3.Valuing wellness and family – Parents and students exchange heartfelt letters about life lessons, aspirations, and personal growth, creating a meaningful scrapbook together. Parent- child activities for enhancing student self-esteem efficacy, regulation and sports events.

Regular Parent-Teacher Meetings (PTMs) PTMs are essential for discussing student performance, behavioural progress, and overall well- being. These can be scheduled at regular intervals throughout the academic year to maintain open communication between parents and teachers. Schools should set up a structured PTM calendar at the start of the academic year. Discussions should focus not just on academic performance but also on a child’ s emotional and social development.

Meetings with the Counselling Department

Suggested Special PTMs

Understanding & Supporting Children with Special Needs: Inclusive Parenting For students with special needs, it is crucial that parents and teachers work together to ensure smooth transitions between grades and address evolving developmental needs. Regular interaction with special educators and class teachers ensures a seamless learning experience for the child.

Regular Meetings: Schools should schedule structured meetings where parents, special educators, and teachers discuss student progress and challenges.

Transition Meetings: Before a student transitions to a new grade, a formal session should be held to brief the next teacher on the child' s needs, ensuring a well-informed learning environment.

Meetings with Special Educators: Regular sessions with trained special educators provide parents with expert insights, personalized strategies, and practical tips to support their child' s unique learning and developmental needs.

Support Groups: Group meetings address common challenges faced by children of the same age with special needs, creating a space for parents to connect, share experiences, and feel less alone through mass discussions. Peer Mentoring Program: Pairing parents with experienced " peer mentors " offers one on-one guidance, emotional encouragement, and proven techniques to navigate daily hurdles and foster the child' s growth.

INCLUSION

1.Fostering Independence and Responsibility: Internships and service-learning opportunities with NGOs, child intervention centers and public policy forums to give students real-world experience and an understanding of diverse communities

2.Peer Support Groups: Peer mental health support initiatives that empower students to care for themselves and others while reducing stigma.

3.Creating Inclusive Academic and Emotional Environments: Individual learning accommodations, respect for diverse aspirations, and flexible support systems to ensure every student can thrive.