



# St Edmunds Parents' Newsletter

Volume 4, June 2019

## IJKLs of Parenting



### **I—Individuals**

*Every child is different. Therefore, an effective parent must figure out what is best for his particular child*



### **K—Kindness**

*Treating your child with kindness and respect teaches them to respect and care for themselves which helps in increasing their self confidence*



### **J—Joy**

*Children bring joy to our lives even at difficult times, therefore we must appreciate the joy they open up for our families*



### **L—Love**

*Love your children the way they are and stop forcing them to become someone they don't want to*

## A PARENTS' PRAYER

Thank You for my children, LORD; I know they are a gift from You. Daily I need Your strength and wisdom to train them in the way they should go. Give me patience and a joyful heart; let me be an example of Your love and forgiveness. Thank You, Father, for the honor of being a parent. Amen.

## ALL CHILDREN ARE EQUAL



*Checkout our website [www.ses.ac.in](http://www.ses.ac.in) to keep track of the events happening in school and much more...*

*Parents are requested to kindly fill the slip below and return it to the class teacher through their son..*

Dear Principal and The Editorial Team,

I have received and gone through the contents of the 'St Edmunds Parents' Newsletter' for the month of June 2019.

Parents name: \_\_\_\_\_

Student's name: \_\_\_\_\_

Signature: \_\_\_\_\_

Class: \_\_\_\_\_ Section: \_\_\_\_\_

*"Your children will become what you are; so be what you want them to be"*

## PARENTING KNOWLEDGE

Study shows that listening to music while studying hinders learning

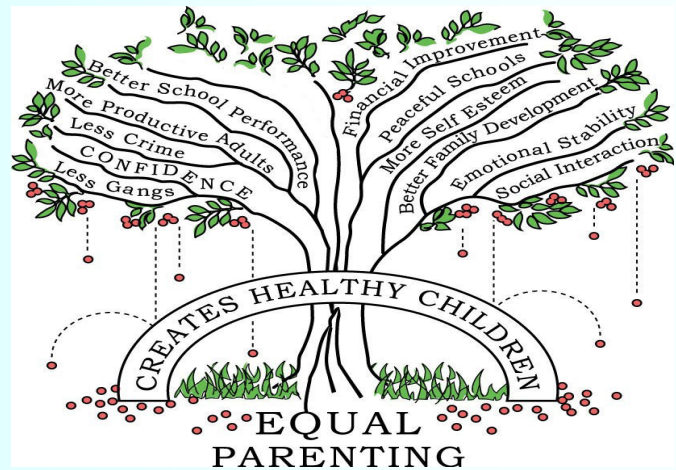
If you want your child to succeed, help him prepare for different test formats

Help your child make an easy transition to school and do not encourage his asking for a leave from school

Help your child uncover hidden strengths and interests

Teach your child that persistence leads to success in school and in life

We would appreciate suggestions, feedbacks and queries from our parents to make your reading experience even better. Please do contact the editors at [parentsnewsletterses@gmail.com](mailto:parentsnewsletterses@gmail.com)



## WHAT PARENTS CAN DO

### Helping Your Child Succeed in School

#### Avoid Test Anxiety

#### Do's and Don'ts



You can be a great help to your children if you will observe these do's and don'ts about test and testing:

- Don't be too anxious about a child's test scores. If you put too much emphasis on test scores, this can upset a child.
- Do encourage children. Praise them for the things they do well. If they feel good about themselves, they will do their best. Children who are afraid of failing are more likely to become anxious when taking tests and more likely to make mistakes.
- Meet with your child's teacher as often as possible to discuss his/her progress. Ask the teacher to suggest activities for you and your child to do at home to help prepare for tests and improve your child's understanding of schoolwork. Parents and teachers should work together to benefit students.

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## --- SURVEY CORNER ---

Let's take a quick survey to check how effective your parenting skills are...

1. Do you spend at least 15 minutes of quality time with your child?
2. Is your child frank with you while speaking?
3. Do you try to avoid comparing your child with other children?
4. Do you let your child go out and play and not just study or play virtual games?
5. Have you limited your child's TV time and the time he is allowed to use mobile phones?
6. Do you know your child's friends?
7. Do you observe his behaviour after coming from school?
8. Do you ask your child to self study for at least an hour a day?
9. Are you aware when your child is at home and when he isn't?
10. Does your child get motivated from your behaviour in the house?

Rate yourself

- ⇒ 7-10 yes' then you're an Outstanding parent
- ⇒ 4-6 yes' then you're a Brilliant parent but can become an Outstanding one
- ⇒ 1-3 yes' then you're a good parent but can definitely improve to increase your rating



*"If you want your children to improve, let them overhear the nice things you say about them to others."*