



LR DAV PUBLIC SCHOOL, CUTTACK



PARENTING CALENDAR

SESSION 2025-26

SECTION 1
***Strengthening Parent-School
Collaboration: Existing Practices***

Orientation Sessions

1.Meetings with the Class Teacher

- helps in tracking student progress and addressing concerns early.
- ensures that both parents and teachers work together to provide the necessary academic and developmental support.

Types of Meetings:

1.First-Time Familiarization Sessions: <ul style="list-style-type: none">• Conducted at the start of the academic year.• These meetings introduce parents to teaching methodologies, classroom expectations, and daily schedules.	2.Need Based Meetings (apart from PTMs): <ul style="list-style-type: none">• to discuss the child's progress outside the formal PTM structure whenever the need arises.	3.Meetings for Specific Student Needs: <ul style="list-style-type: none">• conducted if a particular issue arises, such as academic difficulties, behavioral concerns, or sudden changes in student performance.	4.One-to-One Meetings with Subject Teachers: <ul style="list-style-type: none">• to discuss specific learning challenges, enrichment opportunities, or concerns related to a particular subject.
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2.Meeting with the Principal

Introduction/Induction Meeting:

- Conducted at the start of the academic session
- helps parents understand the school's vision, ethos, and approach to learning.

Open House:

specific time slots to be designated where parents can meet the principal with/without prior appointments (as per the school policies).

3.Regular Parent-Teacher Meetings (PTMs)

- to be scheduled at regular intervals throughout the academic year for discussing student performance, behavioral progress, and overall wellbeing.
- to set up a structured PTM calendar at the start of the academic year.

4.Meetings with the Counselor

Parents should consult with school counselor whenever they feel that the child needs additional guidance or support.

5.Suggested Special PTMs

Group-Specific Meetings: Organized for parents whose children are involved in similar activities, interests, or developmental stages.

Parent Support Group Meetings: Facilitated by the class teacher, these meetings create a platform for parents to share experiences, exchange best practices, and build a support network.

5.Understanding & Supporting Children with Special Needs: Inclusive Parenting

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.

**While in-person meetings are preferred for more meaningful discussions, in exceptional cases online meetings may be conducted.*

SECTION 2

Integrated Classroom Strategies: Teacher-Led Activities

- This involves embedding key learning experiences into everyday classroom activities and inform parents about their child's progress.
- These topics and activities to be integrated within the curriculum to ensure students involvement.

Nursery

02.

Creative & Play-Based Learning – FLN activities, alphabet/numeracy games, and music based learning.

03.

Sensory & Physical Development – Sensory play stations, movement-based learning, and self expression activities.

01.

Habit Building & Social-Emotional Development – Teaching values like kindness & responsibility through social stories.

04.

Safety & Community Awareness – Educating children on good touch/bad touch, conflict resolution and environmental awareness.



KINDERGARTEN



01. Social & Emotional Skills Through Play –
Role-playing, group discussions, storytelling, and
empathy-building activities.

02. Healthy Habits & Hygiene Routines –
Lessons on nutrition and self-care, including
activities like “**My Healthy Plate**” and the
“**Hand Washing Song**.”

03. Resilience & Problem-Solving Games –
Puzzle challenges and decision-making exercises
such as “**When to Say Yes, No, or Let's Try**.”

GRADES 1 & 2

02.

Positive Reinforcement & Discipline

- kindness walls
- peer appreciation
- behavior reflection sheets.

03.

STEM & Hands-On Learning –

- Engineering challenges
- Word-building games
- Nutrition focused activities.

01.

Storytelling & Creative Writing –

- Reading programs
- book journals
- storytelling sessions.

04.

Social Awareness & Cultural Connection –

- Indigenous storytelling
- gratitude collages
- community projects to nurture a sense of belonging and identity.



01. **Debate & Public Speaking Skills –**
❖ Enhancing communication and critical thinking.

02. **Diversity & Cultural Storytelling –**
❖ Understanding traditions, morals, and ethical values to foster compassion and inclusivity.

03. **Student-Led Book Clubs –**
❖ Peer discussions
❖ shared reading logs.

04. **Hands-On Learning –**
❖ Gardening for environmental responsibility
❖ weekly socio-emotional check-ins
❖ integrating music and art with numerical literacy.

GRADES 3-5



GRADES 6-8

02.

Personality Development & Leadership –

- ❖ Teamwork
- ❖ Problem-solving
- ❖ "Teach-a-Skill" initiatives (peer mentoring).

03.

Student-Led Goal Setting & Reflection

- ❖ Vision boards,
- ❖ self-assessments
- ❖ personal success story writing
"Letters to Parents"– a monthly student-written update fostering reflection and communication.

01.

Safety & Awareness –
Cyber safety, digital addiction, and substance abuse education.



04.

Community Engagement & Social Responsibility –
Service projects with parental involvement and mentorship.

01.

Career Awareness & Exploration – Guest speaker sessions, student career projects, internship opportunities, skill building and profile building.

02.

Life Skills & Personal Development –

Role-plays on peer pressure, decision-making, goal setting, discussions of confidence building and risk taking behavior

03.

Student-Led Research & Initiatives – Podcasts, mock UN debates, and business startups

04.

Digital Safety & Well-Being – Cyber safety, social media ethics, and bullying prevention.

GRADES 9 & 10



GRADES 11 & 12



01.

Career Readiness & Alumni/Parent Talks – Students engage in career counseling sessions, mock interviews, and networking with alumni and parents to gain real-world insights. Summary reports shared with parents.

02.

Mental Health & Peer Counseling Teams – Schools establish peer-led mental health support groups. Teachers track trends and provide insights to parents to encourage at-home support. Stress management techniques, emotional resilience, and time management sessions to support students' overall well-being

03.

Aptitude Testing & Career Mapping – Teachers guide students through aptitude tests and career assessments, helping them align their interests with potential career paths. Parents receive personalized feedback and recommendations.

04.

Digital Citizenship & Cyber Safety – Discussions on responsible online behavior, professional digital presence, and ethical social media use. Teachers document key takeaways for parents

SECTION 3

Enhancing Parental Engagement: Parenting Workshops

- ☐ It 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.
- ☐ Schools should conduct two workshops for parents based on the suggested topics below.
- ☐ Additional workshops can be conducted based on their specific needs in the parenting calendar.

NURSERY

1. Early Childhood Development & Habit Formation –

Focus on

- ☐ self-care
- ☐ behavior management
- ☐ cognitive development
- ☐ foundational learning skills.

2. Parental Guidance & Emotional Well-being

- ☐ Addressing separation anxiety,
- ☐ Managing screen time
- ☐ Understanding children's emotional needs.

KINDERGARTEN

1. Emotional Intelligence & Positive Discipline

- ☐ Teaching emotional regulation, resilience
- ☐ Raising happy children
- ☐ Managing tantrums with positive strategies.

2. Navigating Early Development & Parenting Challenges –

- ☐ Understanding learning styles
- ☐ Early literacy and numeracy
- ☐ nutrition, hygiene, self-care
- ☐ playful learning
- ☐ Setting technology boundaries.

GRADES 1 & 2

1. Fostering a Love for Reading & Learning –
Encouraging a literacy-rich home, phonics skills, reading, and storytelling.

2. Positive Discipline & Social Skills – Teaching cooperation, empathy, conflict resolution, and setting boundaries.

GRADES 3-5

1. Developing Problem-Solving & Critical Thinking –
Enhancing logical reasoning, analytical skills, and decision-making.

2. Managing Peer Pressure & Friendships –
Teaching emotional regulation, healthy relationships, emotion and social awareness and social skills.

3. Building Digital Resilience & Independence –
Covering online safety, screen time management, and self-discipline.

GRADES 6-8



01. **Understanding Adolescence & Emotional Changes –**
Navigating hormonal, cognitive, emotional shifts while fostering resilience, independence and self-awareness.

02. **Managing Peer Pressure & Digital Safety –**
Addressing social influence, cyber bullying and online responsibility.

03. **Fostering Independence & Academic Responsibility –**
Time management, self-discipline, goal setting, understanding personal growth and balancing academics with extracurricular.

GRADES 9 & 10

01.

Managing Exam Stress & Academic Expectations

– Equipping parents with strategies to support their child from exam pressure and stress.

02.

Building Resilience & Handling

Distractions – Helping teens manage setbacks and become goal oriented.

03.

Open Conversations and Responsible

Choices – Working on parent child communication, discussing relationships, consent, and safety.

GRADES 11 & 12

01.

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.

02.

Career Roadmap 2030 – Guidance on evolving career trends, emerging fields, and how parents can help students make informed career choices.

03.

Building Resilience & Emotional Well-

Being – Supporting teens through emotional challenges.

SECTION 4
***Building Connections: Parent Child
Bonding Activities***

- ❑Parents' engagement with their children strengthens their personal bond .They gain deeper insights into their child's experiences as a student. It allows parents to know about how their children approach learning, collaborate, and express creativity.**
- ❑Teacher will gain a better understanding of how students engage with their families, their learning styles, and the support systems that shape their growth.**
- ❑It will help schools to create an environment where children feel supported both at home and in the classroom, enhancing their confidence, motivation, and overall sense of belonging.**
- ❑Schools to introduce atleast two grade-appropriate bonding activities from the suggested options designed to strengthen parent-child relationships and extend learning beyond the classroom.**
- ❑Schools may choose to introduce bonding activities based on their specific needs and academic calendar as additions to the recommended activities outlined in the parenting calendar.**

NURSERY

1. Intergenerational & Family Bonding – Grandparents' Day, Parents' Day, and storytelling sessions to foster deep family connections and a sense of belonging.

2. Creative & Sensory Engagement – Art, music, storytelling, sports meets, and puppet shows to encourage self-expression and shared experiences.

KINDERGARTEN

1. Interactive & Playful Learning – Engaging in puzzle-solving, DIY science, STEM activities, music and dance sessions, and kinesthetic math games to create joyful shared experiences.

2. Parent-Child Engagement & Life Skills – Activities like hygiene relays, "I Can Do It!" self help tasks, mindfulness exercises, and hands-on art projects in addition to grandparents day and parents day to strengthen family connections and a sense of community.

GRADES 1 & 2

1. Outdoor Learning & Exploration – Nature walks, sports day, and the DEAR (Drop Everything and Read) program to build a sense of connection with the environment and family.

2. Games & STEM Challenges – Traditional games like kho-kho, pathoo and kabaddi, collaborative art projects, and parent-child STEM activities to strengthen teamwork and belonging.

GRADES 3-5

1. Parent-Child DIY Science Day – Hands-on experiments and STEM projects to foster curiosity and shared learning.

2. Cultural & Creative Activities – School trips, cooperative games, and a global lunch experience fair where families cook together to explore diversity, traditions, and togetherness.

3. Role Reversal Day – Children teach parents a new skill or subject, fostering mutual respect and belonging.

GRADES 6 -8

1. Skill Swap: Students Teach Parents – Reverse learning sessions on coding, music, or academics.

2. Parent Collaboration Session: Parents share their experiences to foster mutual bonding and understanding e.g. a Vision Board Activity, where parents and students work together to set personal, academic, and extracurricular goals, encouraging meaningful conversations and self regulation.

3. Innovative Challenges and activities – Parent-child teams design a sustainable gadget or artwork, leadership and team work boot camp and health and wellness activities (parent child sports meet, mental health awareness games etc.), music and problem solving challenges.

GRADES 9 & 10

1. Parent Mentors & Career Exploration – Parents as career mentors, experts and guides, entrepreneurship boot camps and research projects. Sharing of experiences and success stories.

2. Outdoor Learning & Digital Detox – Excursions, astronomy and math exploration, digital detox days, promoting mindful connections, board games and sports activities.

3. Parental participation in performing arts and visual art events and activities.

GRADES 11 & 12

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.

ADDITIONAL IMPLEMENTATION GUIDELINES:

- ☐ Effective execution of the Parenting Calendar requires planning and continuous assessment.**
- ☐ Schools may designate responsible coordinators to oversee these initiatives.**
- ☐ Schools should integrate this calendar into their annual academic plan and inform parents about scheduled events in advance.**
- ☐ While offline engagement is prioritized, in exceptional cases, workshops or discussions may be facilitated via online platforms to ensure accessibility.**
- ☐ Regular feedback mechanisms should be established to assess the effectiveness of parent-school interactions and make necessary improvements.**
- ☐ Schools should actively share their best practices with the broader community to foster collaborative learning and improvement.**

Thank you