



BCM ARYA SCHOOL, Lalton

PARENTING CALENDAR

SESSION 2026-27

PHASE 1 — EARLY CHILDHOOD (Class Nursery to Class II | Ages 3 to 7)

Month	Theme	Parent/School Action Plan	Action Plan
April	Redefining Success	Parents will be encouraged to appreciate curiosity, confidence, communication, creativity, and effort instead of comparing academic performance. School will guide parents to avoid early academic pressure and support joyful learning.	Orientation Session on Holistic Development and Positive Parenting
May	Regulating Screen Use	Parents will be guided to reduce unnecessary screen exposure and increase conversation, outdoor play, storytelling, and imaginative activities at home.	Screen Time Monitoring Sheet and Parent Awareness Circular
July	Body Awareness and Boundaries	Parents will sensitively teach children about safe touch, unsafe touch, body privacy, and personal boundaries using age-appropriate language.	Interactive Session and “My Safe Circle” Activity
September & October	Developing Secure Attachment	Parents will practice positive goodbye routines, quality family interaction, and emotionally supportive communication to build security and trust in children.	Parent Reflection Activity and Feedback Form
November	Discipline with Empathy	Parents will be encouraged to use calm communication, consistent boundaries, and positive discipline strategies instead of punishment or shouting.	Parenting Workshop on Positive Discipline
January	Family as the First School	Parents will strengthen daily family rituals such as storytelling, mealtime conversations, bedtime reading, prayer, and bonding time with grandparents.	“Family Learning Journey” Chart and PTM Reflection Session

PHASE 2 — MIDDLE CHILDHOOD (Class 3 to Class 5 | Ages 8-10)

Month	Theme	Parent/School Action Plan	Action Plan	Teacher on duty
April	Redefining Success	Discuss strengths beyond academics (effort, creativity)	Orientation	Class Teacher
May	Family Traditional Games Day	Invite parents for: stapu, kho-kho, pitthu, skipping, carrom, ludo	Mini sports day	DPeds
July	Regulating screen time	Discuss apps/games child uses; set screen rules	Discuss good/bad screen habits. Prepare Screen	Class Teacher

			Time Rules Chart signed by parent & child	
August	School Transitions	“Growing Up Positively” Workshop. Counselor session on emotional changes, confidence building, independence		Ms Jasleen
Sept–Oct	Raising Boys and Girls Without the Script	Storytelling Session	Parents narrate stories breaking stereotypes: female scientists, caring fathers, emotional heroes, brave girls	Class Teachers
November	Mental Well-being	Behavior observation questionnaire	Session	Ms Jasleen
January	Discipline	“Calm Corner” Making Activity. Parents help children create a small calm kit in school: stress ball, colouring sheets, breathing cards, positive affirmations. Children decorate a peace corner in classroom.		Class Teacher

PHASE 3 — EARLY ADOLESCENCE (Class 6 to Class 8 | Ages 11–13)

Month	Theme / Focus	Parent / School Action Plan	Action Plan	Teacher on duty
April	Redefining Success	Interaction with parents	Orientation session	Class teacher
May	Screen Usage & Social Media	Digital Safety Workshop OR Prepare a Screen-Time Contract (timings, no-device zones, and online safety rules) signed by parent and child	Google form	Ms. Preeti Kaushal
July	Growing Up Concerns (Puberty)	Hygiene & self-care awareness activity. Sheet can be provided to students, to be filled by students and parents both	Portfolio Circular or Awareness Poster	Ms. Shweta
August	Parental Connection	Parent-child bonding activity at home. Activity Title: “Know Me Better” – Reflection Sheet	Portfolio Sheet	Ms. Hardip kaur
Sept–Oct	Gender Sensitivity	Gender Sensitivity - PPT on How to raise boys and girls	PPT	Ms. Jasleen
November - January	Mental Health Awareness	Observe behaviour changes, discuss stress openly, Counsellor Session	Google form / Questionnaire	Ms. Jasleen
January	Discipline	Counselling Session – How to inculcate discipline – Parents as Role- Model	Discipline	Ms. Jasleen Online Session

PHASE 4 — MID ADOLESCENCE (Classes IX–X)

Month	Theme	Action Plan	Duty Teacher
APRIL	Academic Pressure & Adjustment	Orientation session for parents regarding board preparation, study habits, time management, and emotional support at home.	Class Teacher
MAY	Mindful Screen Usage & Digital Safety	Google Form survey for parents regarding screen habits. Circular on cyber safety, healthy digital balance, and social media awareness.	Wing Supervisor & Class Teacher
JULY	Parental Support During Exams	Pre-exam and post-exam guidance during PTM. Discuss stress management, motivation, sleep schedule, and positive reinforcement.	Class Teacher
OCTOBER	Mental Health & Emotional Well-being	Online awareness session on anxiety, peer pressure, emotional changes, and mental wellness in adolescents.	Ms. Jasleen

PHASE 5 — LATE ADOLESCENCE (Classes XI-XII)

Month	Theme	Action Plan	Duty Teacher
APRIL	Managing Parent & Teen Anxiety	Orientation regarding senior secondary expectations, career pressure, and emotional support.	Class Teacher
MAY	Creating a Balanced Routine	Students prepare daily schedules. Discussion with parents during PTM regarding sleep, study balance, and productivity improvement.	Wing Supervisor & Class Teacher
AUGUST	Preparing to Let Go	Online session for parents on independence, decision-making skills, and trust-building with teenagers.	Ms. Jasleen
SEPTEMBER	Reflection & Way Forward	Counselling of parents and students regarding strengths, challenges, and future goals.	Class Teacher