

GLS/C/981-25

CIRCULAR

26 February 2025

**Newsletter-INSIGHTS-Ace the Exams-Parent's role in success**

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Dear Parents,

We are thrilled to present the thirteenth edition of our newsletter for parents-**INSIGHTS**. As always, our aim remains steadfast: to nurture a collaborative partnership with you, esteemed parents, in shaping the holistic development of our students.

In this edition, we are focusing on the topic – **'Ace the Exams-Parent's role in success.'**

Parents play a pivotal role in supporting their children during exam times by creating a nurturing and conducive environment for studying. They can help by establishing a quiet, well-organized study space and encouraging a balanced routine that includes adequate sleep, nutritious meals, and regular breaks. Emotional support is equally important; parents could offer words of encouragement, praise efforts, and help manage stress through relaxation techniques and physical activities. Additionally, being available to assist with study schedules and difficult subjects, while maintaining open communication, ensures that children feel understood and supported. By fostering a positive and supportive atmosphere, parents can significantly alleviate the pressures of exams and help their children perform to the best of their abilities.

To access detailed information and valuable insights on this important topic, please click [Newsletter-INSIGHTS \(VOL-13\) Ace the Exams-A Parent's role in success.pdf](#). If you're unable to access the link, please find the newsletter attached.

Together, let us embark on this journey of learning and growth, as we strive to empower our students for success and leadership.

Thank you for your continued support.

Warm regards,



**Asha Alexander**  
**Principal**

**Executive Leader - Climate Change**

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مديرة المدرسة

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