# St. Mary's Catholic High School

## A Letter to Our Parents

**Dear Parents,**

As we approach another examination season, we would like to take a moment to share a gentle reminder.

Examinations can be stressful, not just for students but for parents too. Naturally, we all want our children to do well, reach their potential and make the most of the opportunities available to them. However, in our desire to see them succeed, let us be mindful of the expectations and pressures we place on their young shoulders.



A child should never feel that their worth is measured by their grades, that their parents' happiness depends on their academic performance, or that they must be perfect to make their family proud.

Let us be careful not to place the responsibility of being a role model for younger siblings on older children, compare them with others, or make them feel that anything less than their best possible result is a disappointment.

***Our children need to know that they are loved just as much on the days they bring home excellent grades as they are on the days they struggle, make mistakes or fall short of expectations.***

**As parents, some of the most valuable things we can do during examination season are:**

- Encourage effort, consistency and progress rather than focusing solely on results.
- Create a calm and supportive environment at home, where children feel safe to ask for help.
- Avoid comparisons with siblings, classmates or other children.
- Allow children to take breaks, get adequate sleep and maintain a healthy balance.
- Reassure them that one examination, one result or one difficult academic year does not determine their future.
- Celebrate their strengths beyond academics, including their kindness, resilience, creativity and individuality.



***Most importantly, remind your children that you are proud of them not simply for what they achieve, but for who they are.***

Years from now, they may not remember every examination they sat or every grade they received. But they will remember how they felt during those years, whether they felt supported or pressured, and whether home was a place where they could be themselves without fear of disappointing the people they love.

***Let us raise children who strive for excellence without feeling the need to be perfect, who work hard without attaching their self-worth to achievement, and who know that their parents' love is never conditional on their success.***

Wishing all our students the very best for their examinations. Let us work together to make this a season of encouragement, confidence and growth.

*Warm regards,*

**Student Support Services**
St. Mary's Catholic High School

