PARENT ORIENTATION CLASS 10

8TH APRIL 2026

Staff (Class10)

Principal : Br. Robert Fernandes
HM : Mrs. Aparajita Pal / Br. Agnelo Benjamin
Coordinator (9 & 10): Mrs. Manu Kalra / Mrs. Shashi Kala Shaji

- **Class Teachers**
  - 10 A: Mrs. Monika Khiani
  - 10 B: Mrs. Garima Sawhney
  - 10 C : Mrs. Himani Jain
  - 10 D : Mrs. Anup Kaur
  - 10 E : Mrs. Richa Chichra
- **Alternate Stream Teacher**
  - Mrs. Geeta Sehgal
- **COUNSELLORS:**
  - Mrs. Sangeeta Tripathi
  - Ms . Evangeline Monteiro

CLASS 10

ASSESSMENTS

***SUBJECT TO CHANGE AS PER CBSE DIRECTIVES**

ASSESSMENTS

TERM 1

PA 1 (MAY)
20 MARKS

HALF YEARLY /PA2
EXAM
(SEPTEMBER)
80 MARKS

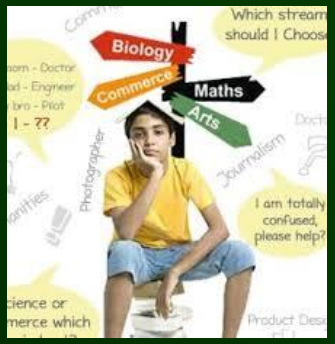
TERM 2

PRE BOARD /PA3
EXAM (DEC.)
80 MARKS

IMPROVEMENT EXAM
(JANUARY)
80 MARKS

CLASS 10
INTERNAL ASSESSMENT
TERM 1 + TERM 2 (20 Marks)

4 SUBJECT ENRICHMENT



1 PERIODICAL ASSESSMENTS

3 PORTFOLIO ASSESSMENTS

2 MULTIPLE ASSESSMENTS

PERIODICAL ASSESSMENTS

TERM 1 (5 marks)

A = PA-1 20 MARKS (MAY)

Syllabus : will be shared through Annual curriculum Planner

Marks: 20 (will be reduced to 5 marks)

B = PA-2 (SEPT.) 80 MARKS

Syllabus : Will be shared through Annual curriculum Planner

Marks: 80 (will be reduced to 5)

PERIODICAL ASSESSMENTS

TERM 1 + TERM 2 (5 marks)

Average of best two of A,B and C

A = PA-1 (MAY)
20 MARKS

Syllabus : will be shared through Annual curriculum Planner

Marks: 20 (will be reduced to 5 marks)

B = PA-2 (SEPT.)
80 MARKS

Syllabus : Will be shared through Annual curriculum Planner

Marks: 80 (will be reduced to 5)

C = PA3
PB/IMPROVEMENT EX. (DEC/JAN)
80 MARKS

Syllabus : Will be shared through Annual Curriculum Planner

Marks: 80 (will be reduced to 5 marks)

MULTIPLE ASSESSMENTS

Best of MA-1 & MA-2

TERM 1 (5 marks)

MA-1
5 MARKS

Syllabus : will be shared through Annual Curriculum Planner

TERM 2 (5 marks)

MA-2
5 MARKS

Syllabus : Will be shared through Annual Curriculum Planner

PORTFOLIO

Best of PORT.-1 & PORT.-2

TERM 1 (5 marks)

PORTFOLIO -1
5 MARKS

Syllabus : will be shared through Annual Curriculum Planner

TERM 2 (5 marks)

PORTFOLIO -2
5 MARKS

Syllabus : Will be shared through Annual Curriculum Planner

SUBJECT ENRICHMENT (5 marks)
SE1 & SE2

Best of SE-1 & SE-2

ENGLISH	HINDI	MATHEMATICS	SCIENCE	SST
Details will be shared through Annual Curriculum Planner. ASL Instructions & Rubrics: will be shared in the Class	Details will be shared through Annual Curriculum Planner. ASL Instructions & Rubrics: will be shared in the Class	Mathematical activities will be shared through Annual Curriculum Planner. 4 Activities per term Instructions & Rubrics: will be shared in the class	Details will be shared through Annual Curriculum Planner. Lab activity Instructions & Rubrics: will be shared in the Class	Details will be shared through Annual Curriculum Planner. Project Instructions & Rubrics: will be shared in the Class

CO SCHOLASTIC ASSESSMENTS

5 Point Grades (A, B, C, D, E)

Art Education

Assessment Details : will be shared by subject teacher

Marks: Average of Best three will be converted to grades

Physical & Health Education

Assessment Details : will be shared by subject teacher

Marks: Average of Best two will be converted to grades

Discipline

Attendance: To be regular to school .

Punctual

Sincerity: Be consistent with your work. Take initiative to participate in activities/ class discussions.

Values: Self reflect each day. Was I compassionate? Did I collaborate ? Did I express myself appropriately ?

We Support
INCLUSION

PRASHAST

A Disability Screening Checklist.

Department of School Education and Literacy, Ministry of Education, Government of India.

Screening of all Students is in progress by Subject Teachers (PART1) followed by Special Educators(PART2).

Identified Students will be referred to Government Hospitals for Psychometric Assessment.

SUPPORT FOR CWSN (INCLUSION)

Board is extending several exemptions/concessions to candidates with disabilities as defined in the "THE RIGHTS OF PERSONS WITH DISABILITIES ACT 2016". Exemptions/Concessions extended to Persons with Benchmark Disabilities for Examinations conducted by the Board .

B. SPECIFIC EXEMPTIONS/CONCESSIONS

(1) CLASS X

S. No.	Subject	Exemptions/Concessions
1.	**Exemption from third language**	Candidates with disabilities as defined in The Rights of Persons with Disabilities Act 2016 will be exempted from third language.
2.	**Flexibility in choosing subjects**	(a) **Candidates with disabilities as defined in The Rights of Persons with Disabilities Act 2016** have the option of studying one compulsory language as against two. This language should be in consonance with the overall spirit of the Three Language Formula prescribed by the Board. Besides one language any four from amongst the following groups can be offered: Group 1 Mathematics, Science, Social Science, another language, Music (Any one), Painting, Home Science, Elements of Business, Elements of Book Keeping and Accountancy, Computer Applications Group 2 **Any One** Skill Subject (except Automotive) for Regular Candidates Only **Note:** Information Technology from Group 2 cannot be offered if Computer Applications from Group 1 is opted.

Standard Operating Procedure for availing these concessions are available on :
https://www.cbse.gov.in/cbsenew/Examination_Circular/2019/5_CIRCULAR.pdf

Facility of Scribe and compensatory time	i)	Candidates with disabilities as defined in The Rights of Persons With Disabilities Act 2016 are permitted to use a Scribe **or** allowed Compensatory time as given below **or** both: For paper of 3 hours duration — 60 minutes For paper of 2½ hours duration — 50 minutes For paper of 2 hours duration — 40 minutes For paper of 1½ hours duration — 30 minutes

SUBJECT COMBINATIONS OFFERED IN SCS

ALL SUBJECT COMBINATIONS OFFERED TO CWSN ARE STRICTLY AS PER CBSE GUIDELINES

COMBINATION OF MAIN SUBJECTS (GROUP A1) , ACADEMIC ELECTIVES (GROUP A2) and a SKILL SUBJECT

OPTION – 1

All Mainstream Subjects- GROUP A1

OPTION – 2

ENGLISH
HINDI
SCIENCE
SOCIAL STUDIES
COMPUTER APPLICATIONS (In lieu of Mathematics)*

OPTION-3

ENGLISH
PAINTING *
PHYSICAL ACTIVITY TRAINER**
ELEMENTS OF BUSINESS*
COMPUTER APPLICATIONS *

NOTE-

OPTION 1- CONSISTS OF ALL MAINSTREAM SUBJECTS- GROUP A1
OPTION 2- CONSISTS OF 4 SUBJECTS FROM GROUP A1 AND 1 SUBJECT FROM GROUP A2(*)
OPTION 3- CONSISTS OF 3 SUBJECTS (*) FROM GROUP A2 AND 1 SUBJECT (**) FROM SKILL SUBJECTS OFFERED BY CBSE.

ALTERNATE STREAM ASSESSMENT PATTERN

COMPUTER APPLICATIONS

- Theory • 50 marks
- Practical • 50 marks

PAINTING

- Theory • 30 marks
- Practical • 70 marks

ELEMENTS OF BUSINESS

- Theory • 70 marks
- Practical • 30 marks

PHYSICAL ACTIVITY TRAINER

- Theory • 50 marks
- Practical • 50 marks

FROM THE COUNSELLOR'S DESK

Navigating the School Year: A Counselor's guide for parents

"The way we talk to our children becomes their inner voice." - Peggy O'Mara

What are we seeing in Children Today?

- **Low frustration tolerance -**"I want it now" mindset; inability to handle *No*, failure, or discomfort
- **Externalization of blame -** Difficulty taking responsibility; quick to blame teachers, peers, system
- **Emotional fragility with poor coping skills -** Small setbacks feel overwhelming
- **Validation dependence -** Self-worth tied to praise, marks, social media, or peer approval
- **Authority confusion -** Mixed messages at home vs school → "Who should I listen to?"
- **Manipulative coping patterns -** "Divide & rule" between parents; testing boundaries constantly
- **Lack of respect for effort and process -** Only outcomes matter → leads to anxiety & shortcuts
- **Unsafe emotional environments at home -** Fear of judgment, comparison, or dismissal, children stop sharing

How Can We Be The Parents They need?

- **Consistency between both parents -** Unity = security
- **Emotional safety, not just physical comfort -** “Can I fail and still be accepted?”
- **Clear boundaries with warmth -** Not strict vs lenient, but **firm + understanding**
- **Modeling behavior (not just instructing) -** Respect, emotional control, communication
- **Delayed gratification training -** Let them wait, struggle, and earn
- **Respect for school authority -** If you undermine teachers, children lose structure everywhere
- **Stay Involved** - Regularly check E-Care, Diary, Be aware of their day

CAREER COUNSELLING

CAREER COUNSELING PROGRAM

To create an ecosystem of career guidance for the students of classes 9-12

To enable our students to make informed stream and career choices

To provide assistance regarding any career related query

Thank
you