

VOICES FOR
OUR CHILDREN

PARENT TEACHER MEETINGS

MEGHALAYA



Message

Dear Educators,

Parent-Teacher Meetings (PTMs) play a vital role in building a supportive and enriching environment for our students. They provide a platform where parents and teachers can come together, discuss progress, address concerns, and celebrate achievements. Effective communication in these meetings lays the foundation for a strong, unified effort toward a child's academic, social, and emotional development.

The "PTM Starter Pack for Meghalaya" was thoughtfully developed to make your PTMs as impactful and engaging as possible. It offers practical guidance, customizable templates, and a structured 3E approach—Educate, Engage, and Empower—that will help you conduct meetings that leave a lasting positive impact. This handbook also emphasizes important themes such as child safety, positive parenting, and ongoing evaluation to ensure our PTMs are continuously improving.

We believe that by equipping you with these tools and insights, we are empowering our educators to create meaningful connections with parents. Thank you for your unwavering commitment to promoting a collaborative environment that benefits every child in our schools. Let's continue to work together to shape a brighter future for them.

With sincere appreciation,



Shri. Swapnil Tembe, IAS

State Project Director, SSA &

Director, School Education & Literacy

Date: 15 November 2024

Message

Dear School Leaders,

Parent-Teacher Meetings (PTMs) are crucial opportunities for collaboration between parents and teachers. They go beyond routine discussions, opening up meaningful dialogue and building a shared commitment to the success and well-being of our students. We know that when families and educators come together with a clear understanding of each child's needs, they can inspire remarkable academic, social and emotional growth.

"The PTM Starter Pack for Meghalaya" has been created to help you transform these meetings into truly impactful experiences. By following the guide's practical steps and utilizing the 3E approach—Educate, Engage, and Empower—you will be able to foster strong partnerships with parents and make every PTM a valuable experience. From organizing your meetings to discussing essential topics like child safety and positive parenting, this handbook will be your companion in building a thriving school community. We deeply appreciate your dedication and hard work in shaping our students' futures.

Together, let's create an environment where every meeting brings us closer to fulfilling each child's potential.

With warmest regards,



Smt. R.S. Manners, MCS
Director,

Date: 15 November 2024

Educational Research & Training

INDEX

▶ How to use this handbook?

▶ Introduction

- Objectives of PTM

▶ Practices for Effective PTM

- 3Es (Engage, Educate and Empower)
- One-on-One Conversations
- Thematic Conversations

▶ Implementation

▶ Plan and Activities

- Before, During and After PTM

▶ Sample Template

- Sample PTM MIP
- Sample Invitation

▶ Thematic Resources

- Parent Engagement Activities
- Positive Parenting
- Learning Space
- Exam Related Stuff
- Understand a Parent's role

HOW TO USE THIS HANDBOOK?

This handbook is an essential guide for school principals to hold effective Parent-Teacher Meetings (PTMs). We suggest organizing these PTMs at least three times a year as large Mega PTMs, allowing a wider group of parents to join and participate meaningfully.

KEY PRACTICES FOR EFFECTIVE PTMS

For success, we encourage school heads to adapt the practices in this handbook to fit their school's specific needs. Collaboration is key, so school heads should discuss the planning and execution of PTMs with their teachers.

STEP BY STEP GUIDANCE

This handbook offers a clear, step-by-step guide on what to do before, during, and after each PTM. It also includes tips for checking and measuring how effective your meetings are.

CUSTOMIZABLE IMPLEMENTATION PLANS

The sample templates provided can be adjusted by school heads to create their own action plans, making sure each PTM aligns with the school's goals and the needs of the community.

SUGGESTED THEMES AND INFORMATION

The handbook also includes suggested themes and useful information to share with parents during PTMs. This content aims to encourage open conversations and strengthen the partnership between parents and teachers.

By using this handbook, school heads can build a stronger connection with parents and create a supportive environment for student success.

INTRODUCTION

INTRODUCTION

ABOUT PTMS

A child's growth and development are influenced equally by their time at home and in school. This makes it important for parents and teachers to work together as partners in supporting the child's learning journey. Regular communication between parents and teachers is key to meeting the child's academic and personal needs. Parent-Teacher Meetings (PTMs) provide a great opportunity for parents and teachers to come together and discuss the child's progress.

According to NCF 2023, parents need regular updates on their child's progress in areas like academics and social-emotional development. Similarly, teachers need to understand the home and community environment of students to better support them at school, making regular PTMs essential.

To make PTMs more engaging for parents, schools can include fun activities, student showcases, storytelling sessions, and cultural performances. These events allow students to share their talents and help strengthen the connection between parents and the school community.

PTM WILL HELP US IN:-

a) Involving parents in academic growth of students

b) Discussing behavioural problems

c) Encourage attendance

d) Build a good relationship with parents - foster two-way feedback

e) Highlight the potential, abilities and skills and positive behaviour of students

f) Showcase the efforts being taken for school development and achievements of govt school

OBJECTIVES OF PARENT-TEACHER MEETING

The Parent-Teacher Meetings (PTMs) are carefully planned to achieve several key goals that together help transform education in Meghalaya Government schools. These goals are the main reason for implementing this system.



To strengthen the connection between school and parents to create a positive environment for student success and holistic development.



To showcase the progress and achievement of the children to parents concerning academics and extracurriculars.



To partner with parents to find creative solutions to address the challenges of students and schools.



To review enrollment, attendance, and infrastructure development of the school and encourage parent participation in the school's growth.



To educate parents on various topics related to the development of their children like nutrition, child safety, and positive parenting.



To create awareness among parents about different initiatives the state has taken toward better schooling.

These objectives aim to make PTMs a way to support students' academic, social, and emotional growth through a well-rounded approach to education. The main goal is to create an inclusive, supportive, and effective learning environment, where home and school work together as partners in the child's education.

PRACTICES OF EFFECTIVE PTM

This section will guide HoS/Principals in using best practices to improve the effectiveness of PTMs by keeping parents informed, engaging them in discussions, and empowering them to support their child's development.

PRACTICES FOR EFFECTIVE PARENT TEACHER MEETINGS

PTMs have been a common practice in many states and schools, providing a platform to discuss a child's achievements and challenges. These meetings can be made more effective through the following practices. School heads should encourage teachers to incorporate all three practices in the PTMs to make them more engaging and impactful.



1. ENGAGE-EDUCATE-EMPOWER

To improve the effectiveness of PTMs, the 3E approach – Educate, Engage, and Empower – can be applied.

- **EDUCATE** – Inform parents about the factors that influence their children's development and well-being.
- **ENGAGE** – Involve parents in activities and discussions to help them feel valued and appreciated for their role.
- **EMPOWER** – Enable parents to make decisions that positively impact both the school and their children's growth.

2. ONE-ON-ONE CONVERSATIONS

One-on-one conversations between parents and teachers during PTMs help support students' academic success while fostering their emotional and social development, leading to a more well-rounded educational experience.

3. THEMATIC CONVERSATIONS

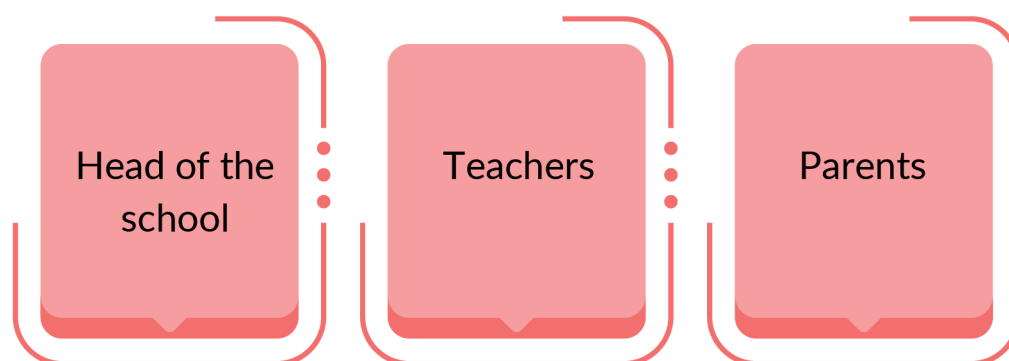
Each PTM can have a theme that focuses on the child's development needs. Themes might include child safety, gender sensitivity, positive parenting, and child marriage. These discussions offer strategies that parents can adopt, increasing their awareness and helping create a safe and supportive environment at home.

IMPLEMENTATION OF PTM

This section will assist school heads in implementing PTMs in a more effective and organized way. It also includes sample templates for managing the PTM agenda, a step-by-step guide for conducting the meetings, and templates for inviting parents.

IMPLEMENTATION

STAKEHOLDERS INVOLVED



MONITORING AND EVALUATION

Effectiveness of an initiative can be determined only by monitoring its implementation and evaluating the challenges and best practices. Efforts can be made to capture innovative practices through pictures and videos. Head of Schools are also encouraged to record audio/video feedback from parents which can be shared through the observation form.

Monitoring can be done in the following way:

PTM OBSERVATION FORM

Observation forms are shared with the head of the schools to capture their observations and interactions during PTM.

PLATFORM SUGGESTED - DIKSHA

School heads should organize at least three (3) PTMs each academic year, following the suggested agenda. The entire process of conducting PTMs will be broken down into smaller action steps, known as micro improvements, for both teachers and school heads. Using DIKSHA as a platform will support guided implementation and help collect best practices and success stories.

PLAN AND ACTIVITIES

BEFORE PTM

Plan and Activities

- Send invitations to parents through posters, audio, and video messages.
- Announce the PTM on social media using hashtags like #pmsmri, in newspapers, and via speakers in common areas.
- Prepare a welcome song and gather resources for exhibitions or showcases.
- Prepare students' progress reports to guide discussions with parents.
- Hold a meeting with teachers to finalize the agenda and implementation plan for the PTM.

DURING PTM

WELCOME PARENTS:

- Students greet parents warmly as they arrive.
- Display a welcome banner or board near the school gate, and collect parents' thumbprints and signatures.
- Offer refreshments to parents as they arrive.

EDUCATE :

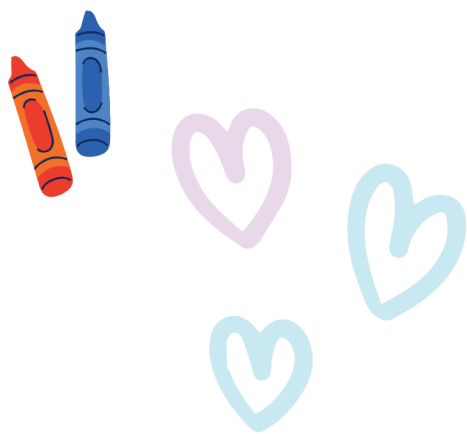
- Decide on the theme for discussion before the PTM. Schools can also use the suggested themes provided in the handbook.
- Engage in interactive discussions on the theme and share relevant information with parents.

ENGAGE:

- Set up exhibition stalls, a gallery walk, or display corners to showcase students' art, poems, stories, and writings.
- Organize fun games for parents, such as Spoon Race, Hopscotch, Hit the Target, and Musical Chairs.
- Arrange student performances, including dance, skits, songs, and cultural activities.
- Create a waiting area where parents can watch e-content taught to students and read library books.
- Prepare and lead a parents' pledge to foster commitment and collaboration

EMPOWER:

- Share two positive aspects about the child with the parents.
- Discuss one area where the child can improve.
- Review the child's academic progress by sharing results from bi-monthly exams.
- Talk about the child's overall physical and mental health.
- Discuss the child's behavior both at school and at home.
- Set expectations with parents regarding the school's goals.
- Outline expectations for parental support in the child's learning.
- Collaboratively create next steps with teachers, parents, and students.
- Provide a thank-you note to parents as they leave.
- Distribute any supplementary books or materials (if applicable).



AFTER PTM

- Collect testimonials from parents and students.
- Gather pictures and videos of the parents' welcome, engagement activities, and parent-teacher interactions.
- Share highlights from the PTM on social media with relevant captions and pictures.



INVITATION IDEAS

HOME VISIT



PHONE CALLS

Make phone calls to parents to invite them personally.



MESSAGES

Dear ma'am/sir,
Your child's school is organizing a PTM on [Date]. You are most welcome to participate in fun activities and discussions on how your child can grow.

-Entire School Staff, XYZ School



INVITATION CARDS

Dear mom/dad,
Come to school with me to see what I have been doing and learning.



SAMPLE PTM DAY PLAN

Segment		Time (in mins)	Description
ENGAGE	Welcoming parents	10-15 mins	Extend a formal welcome to the parents who have come for the PTM - Ice breaker – activity Examples: Introduction of parents through a game/ Parents go around and get introduced to 5 new people
	Showcasing student work	20 mins	Teachers may use one of the following ideas or come up with their own: <ul style="list-style-type: none"> • Art Gallery Walk • Student Achievement Wall/Student Awards • "Did you know?" Activity (Students share a fun fact that they learnt at school) • Student reads-aloud - Storytelling/ Role play by students on the thematic PTM
EDUCATE	Setting the context for the PTMs	20 mins	In this PTM, share tips and suggestion on the following topics: Positive parenting Creating a learning environment at home Positive Parenting: <ul style="list-style-type: none"> • Appreciate the child on small tasks • Use respectful tone while communicating • Spend quality time by listening to the child, doing household chores together and dining together etc. Creating a learning environment at home: Choose a well-ventilated spot away from distractions like T.V. Involve the child in making this space colourful with charts, pictures of their choice Encourage the child to follow a routine like reading a couple of pages every day, completing homework, helping parents
		10 mins	Q&A for parents - Opening the space for the parents to share their thoughts/questions and what steps they would take
EMPOWER	One-on-one conversation	For the rest of the time (Each conversation would be 3-5 mins)	You may use these guiding questions to engage in an effective conversation with the parents: 1. Tell at least one good quality about the child 2. Suggest one area of improvement and provide tips 3. Share the progress the child is making by sharing FA-1 performance, reads aloud etc. What is one strategy or idea from today's topics that you would like to implement at home?
	Collect Feedback from parents	10 mins	Have a pen and paper at the door where parents can share their feedback for the meeting Each parent must sign the attendance register Encourage parents to share photos of their child's learning space after it is set up

After the meeting:

- Record the total number of parents who participated in the PTM and go through the feedback received

Note: For parents who come late, focus on one-on-one conversations and share information on positive parenting and creating a learning environment at home.

SUGGESTIVE PLAN

Months	Themes for Secondary level	Themes for Elementary level
M1	Positive Parenting	Positive Parenting
M2	Follow-up PTM	Follow-up PTM
M3	Helping children to prepare for exams	Helping children to prepare for summative assessments
M4	Follow-up PTM	Follow-up PTM
M5	Conversations after exams	Conversations after periodic assessments
M6	Follow-up PTM	Follow-up PTM
M7	Learning Spaces at Home	Learning Spaces at Home & Nutrition
M8	Follow-up PTM	Follow-up PTM
M9	Cybersecurity	Understanding Child Safety
M10	Follow-up PTM	Follow-up PTM
M11	Gender Sensitivity & Equality	Gender Sensitivity & Equality
M12	Follow-up PTM	Follow-up PTM

THEMATIC RESOURCES

This section provides thematic resources and activities to engage parents. The thematic resources will assist school heads in facilitating discussions on the chosen topics, while the PTM activities will help actively involve parents. School heads are encouraged to share these posters with parents on online platforms, if possible.

CREATIVE SHOWCASE

STEP BY STEP GUIDE

BEFORE PTM

- Work with teachers to select the best student work (art, poems, stories, writings) for the exhibition.
- Decide how many exhibition stalls or display corners will be needed.
- Assign specific responsibilities to teachers for setting up different sections (e.g., art corner, poetry wall, story display).
- Choose a spacious area like the school hall, grounds, or corridors for the exhibition.
- Make sure the area allows easy movement for parents and provides good visibility of the displays.
- Gather display boards, tables, or stands to showcase the students' work.
- Create separate sections for different types of student work (e.g., a poetry corner, a gallery walk for art, a story showcase).
- Organize the displays neatly and creatively to make the exhibition visually appealing for parents.

DURING PTM

- Assign a few students as "guides" at different stalls or corners to explain their work and answer parents' questions.
- At the start of the PTM, greet the parents and explain the purpose of the exhibition.
- Invite parents to explore the exhibition stalls or corners and engage with the student guides.
- Allow parents to move freely through the exhibits or conduct small groups if space is limited.
- Throughout the exhibition, acknowledge and appreciate the students' hard work.
- Encourage parents to leave positive comments on a feedback board near the exit to show their appreciation.
- Thank the parents for taking the time to view the students' work.
- Conclude by recognizing the students' creativity and the teachers' efforts in guiding them.



PARENTS PLAYTIME

BEFORE PTM

- Select games (e.g., Spoon Race, Hopscotch, Musical Chairs).
- Gather the necessary equipment (spoons, balls, chairs, etc.).
- Choose and reserve an area for the games that allows enough space for movement and ensures safety.
- Set up each game, ensuring clear instructions and safety measures are in place.
- Include details about the games in the PTM agenda to encourage parent participation.

DURING PTM

- Greet parents warmly and explain the purpose of the games.
- Divide parents into teams or allow them to participate individually.
- Explain the rules of each game before starting.
- Conduct the games, ensuring everyone participates and enjoys the experience.
- Optionally, offer small prizes or certificates to participants or winners.
- Appreciate the parents for joining in and encourage a spirit of fun and community.

SPOTLIGHT ON TALENT

Before PTM

- Encourage teachers to decide which students or groups will perform (dance, skits, songs, etc.).
- Coordinate with teachers to rehearse and prepare students beforehand.
- Create a schedule for the performances during the PTM to ensure smooth transitions between performance (To keep it engaging (e.g., start with a song, followed by a skit, then a dance)
- Ensure the stage and seating arrangement is ready.

During PTM

- Welcome Parents
- Introduce each performance, giving a brief description.
- Thank and applaud students after each performance.
- At the end, thank all students and teachers involved in organizing the event.
- Appreciate parents for attending and emphasize the role of creativity in student development.
- Conclude and move parents to the next part of the PTM.

PARENT'S PLEDGE

STEP BY STEP GUIDE

- The HoS/Principal will begin by warmly welcoming parents and briefly explaining the purpose of the pledge.
- Mention that the pledge represents a commitment to support their child's education and development.
- Provide printed copies of the pledge or display it on a screen for all parents to view.
- Ask parents to stand (if appropriate) as a symbolic gesture of commitment.
- The HoS will read the pledge aloud slowly, line by line, inviting parents to repeat after them.
- Ensure a calm and clear pace to allow everyone to follow along.
- After the recitation, thank the parents for their participation.
- Express appreciation for their continued support in the school's efforts to nurture their children.
- End with a few words of encouragement, reminding parents that their involvement is essential for both their child's success and the school's mission.

SAMPLE PLEDGE

As a parent, I pledge to:

1. Support my child's learning by creating a positive and encouraging environment at home.
2. Stay in touch with teachers to understand my child's progress and needs.
3. Encourage my child to do their best in both studies and personal growth.
4. Be involved by attending school meetings and participating in activities.
5. Promote a love for learning and help my child explore their interests.
6. Set a good example for my child by showing respect, kindness, and responsibility.
7. Work together with the school to ensure my child's overall well-being and success.

MORE SUGGESTIVE ACTIVITIES

- Parents and Student Plantation
- Fireless cooking
- Parent Roundtable
- Parent Education Sessions
- Family Talent Show

How does **POSITIVE PARENTING** look like, in action?

Positive parenting fosters a warm and supportive environment where children feel loved, valued, and emotionally secure. The approach emphasizes encouraging positive behavior instead of just punishing negative actions. By addressing issues with empathy and understanding, parents can help their children overcome challenges more effectively.



APPRECIATE THE CHILD'S EFFORT

Appreciate your child's effort when they accomplish small tasks.

Examples:

1. "Great job reading those long sentences!"
2. "Wow! You chopped the vegetables so well!"
3. "You swept the floor so nicely. Well done!"

BE A ROLE MODEL

- Children are very keen observers and learn a lot by observing you.
- Behaving the way you want them to behave will help them learn things from you.



SPEND QUALITY TIME

- Do things together as a family, such as playing games, dining together, cooking, household chores
telling them stories from your childhood
- Always ask how their day was and listen to them.
Share stories of successful people.



USE RESPECTFUL TONE

- Use respectful tone while conversing with the child even if they have made a mistake.
- Avoid harsh or abusive language
- Communicate by going down to the child's eye level with younger children.

UNDERSTANDING CHILD SAFETY

UNDERSTANDING A PARENT'S ROLE

What actions make children feel unsafe?



Touching them inappropriately and making them uncomfortable



Disregarding their health needs



Beating/abusing/humiliating them



Pressuring them to meet adults' expectation

What can parents do, to ensure children are safe?

Spend time and talk to your child every day



- Talk to them about their day
- Know their friends
- Understand if they felt unsafe at any point during the day



To stay healthy, ensure they do not skip meals



Ensure children have time to play/relax along with studies

**** In case of any safety violations that the children share, report to the school and take their help**

HOW TO CREATE A LEARNING SPACE AT HOME

Creating a dedicated learning space at home helps the child stay focused while studying. Also, it helps the child associate the space with learning, follow routines and take ownership of learning. This is a step towards making the child more self disciplined and responsible.



Choosing the right space

- Find a corner in your home that is neat, clean and well lit.
- Involve your child in choosing the spot.
- Try to keep this spot away from distractions like TV or noise from the street.



Keeping it Organised

- Arrange study materials like books, pens, pencils etc.
- A clock or a watch will help the child to keep track of time.
- Regularly tidy up the space along with your child to help them develop the habit.



Making it colourful

- Along with your child, put up pictures, charts, newspaper clippings that (s)he likes, their drawings etc.
- The child should see the space as inviting and feel like spending time there.



Following Routines

- Encourage the child to read aloud at least 2 pages from a book of their choice
- Turn off distractions like TV, radio, mobile phone to help the child focus.
- Let the child complete their homework
- Create a checklist or timetable along with your child, on a slate and display it.
- Sample tasks can be like 'Completing homework', 'Helping parents' etc.
- Let the child put a tick soon after they finish the task.
- Ask them to start afresh everyday.

6 WAYS PARENTS CAN ENGAGE WITH CHILDREN DURING SUMMER HOLIDAYS

Play Time

Spend time to play with your children everyday.

Draw, colour, paint, and play simple indoor games like Vamana guntalu, achhangillalu, snakes and ladders, puli-meka. Spending more time with children will make the parent-child bond stronger.



Story Time

Narrate stories or listen to children's stories.

Every day Children and Parents/Guardians go through many situations which become short stories of their daily life. It could have happened in the neighbourhood, workplace or family. This helps children to develop their language skills and listening skills.



Number time

Engage children in simple counting activities.

Let younger children count items in a room, the number of stairs, or lights in the house. Children in higher grades could be engaged in calculating daily expenses or adding up M.R.P.s of purchased goods.



Cooking time

Involve children in simple cooking work

Involve children in activities such as making lemon juice, peeling vegetables, or preparing dough for chapatis. While working together, discuss healthy eating habits to help them become responsible and healthier eaters. For older children, encourage them to prepare dishes on their own, which promotes independence and enhances their cooking skills.



Reading Time

Encourage children to read billboards, newspapers in Telugu and English.

If story books are available, let them read. With this exercise, the chances of them remembering to read and learning to read new words is higher.



News Time

Watch the news with children every day.

Discuss and make children aware and curious about societal issues. This helps them in developing curiosity and learn more about the world.





EXAMINATIONS

Tips to support your child in exam preparation

Examinations play an important role in a child's learning journey. Proper preparation is key to ensuring students have the knowledge and skills needed to do well in these assessments. Parents can help make this preparation time stress-free for children by following these helpful tips.



CREATE A RELAXED AND A HAPPY ENVIRONMENT

Parents often feel more stressed than their children during exam time. However, it's important not to direct that tension or anger toward your child. Ensure that your child remains relaxed and calm as they prepare for their exams.



HEALTHY AND NUTRITIOUS FOOD

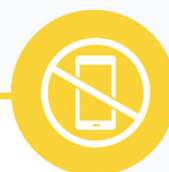
Make sure your child has all their meals and always keeps a bottle of water nearby to stay hydrated, especially during summer. Proper nutrition is crucial, as low energy levels can impact their concentration and focus.



COMMUNICATE WITH TEACHERS REGULARLY

Find out which subjects the child has difficulty in and reach out to the concerned teachers. Ask the teachers how you can help the child at home.

Recognize and appreciate your child's effort.



ENSURE A DISTRACTION-FREE ENVIRONMENT

Create a study environment for your child that is free from distractions like the TV or phone. Keep conversations to a minimum while they are studying to help them focus better.



ENCOURAGE CHILDREN TO TAKE BREAKS WHILE STUDYING

Encourage your child to take regular breaks, interact with others, and engage in activities like a ten-minute walk or listening to music to refresh and improve focus during study sessions.



Help your child in creating a checklist, or a timetable with dedicated timeslots to study.

These strategies can significantly improve academic performance and foster a positive attitude towards learning, ultimately contributing to your child's success during exams.

Good luck!



**Exam results
are out!**

Time to converse with your child!

Exam season might be one of the most stressful times for both children and parents. It is this time that the children need support from you (parents) the most. Results don't define who they are as a person or what they can achieve in life. No matter what their results are, give them assurance that you will always love and support them. Let us attempt these simple things to extend that support

Have an open conversation with your child



Ask questions like :

How are you feeling?

What did you do well ?

What could have been better?

What support would you need?

This will help them share their feelings, fears and anxieties openly.

Celebrate your child's efforts, irrespective of their results



The children have put in days of hard work that has contributed to the scores/results, so it's important they feel celebrated for their efforts. This will motivate them to make more efforts in the future.

Avoid comparison with others



Each child is different and hence do not compare your child with others. You may compare their current performance with their own performance in past or previous tests.

Give them ideas on what they could do to improve next time



- Encourage the child to approach teachers proactively if they are finding it difficult to understand any concept/topic
- Help them create time table to use time effectively
- Avoid distractions like mobile and TV

**As a parent, remember each child is different and do not over expect from them. This might cause stress upon them even when we don't intend it.
Let us create a safe space for our children!**

GENDER SENSITIVITY AND EQUALITY



How can we ensure gender equality at home and around?



Gender equality

The rights, responsibilities and opportunities of individuals will not depend on an individual's gender (male / female / other genders)

Gender sensitivity

Gender sensitivity is behaviour that

- avoids discrimination among different genders and
- fosters respect and compassion for others.

Treat your son and daughter equally in all aspects. Let both girls and boys play, go to school and receive equal attention for their health and well-being



Engage **both girls and boys** in doing **household chores**



Do not make statements that promote gender stereotypes. :



"It is okay to cry if you are sad. Can we talk about what made you sad?"



"Boys/men are strong and they don't cry."



"Playing a sport is essential for all children"

"Sports are not for girls"

Break the gender stereotypes at home - Let us not name chores as male job or female job. Let your children see both the parents getting involved in all household chores

50% ♀
50% ♂

Students spend most of their time in school but with summer vacation approaching, home will become the place where they spend most of their time.




3 Tips for parents to have a happy holiday with their children

- 1** **Consciously engage in conversation with children.**
Eg. Ask them about the game they played today.
- 2** **Dedicate hours for screen time.**
Eg. Watch tv from 4 - 6 pm.
- 3** **Practice a routine to engage with children**
Eg. Watering the plants in the evening.

NOW, HOW CAN PARENTS/GUARDIANS ENGAGE WITH CHILDREN DURING HOLIDAYS?





The "PTM Starter Pack for Meghalaya" is a guide designed for school leaders to improve the effectiveness of Parent-Teacher Meetings (PTMs). It focuses on strengthening the partnership between parents and teachers to support the academic, social, and emotional growth of students.

The handbook introduces the 3E approach—Educate, Engage, and Empower—to make PTMs more impactful. It provides detailed instructions for organizing PTMs, along with customizable templates and thematic discussions on topics such as positive parenting and child safety.

Additionally, the guide offers methods for monitoring and evaluating PTMs to ensure ongoing improvement.



CONTRIBUTORS

Reviewers

- Dr. David M. Nongrum, Associate Professor, DERT
- Dr. Della G. Soanes, Associate Professor, DERT
- Smt. Appera Syngkon, Associate Professor, DERT
- Smt. Libera Lyngdoh, Associate Professor, DERT
- Shri. Mathew P. Diengdoh, Assistant Professor, DERT
- Dr. Careleen Kharmalki, Assistant Professor, DERT
- Anamika Srivastava, Program Lead, Mantra4Change

Design Team

- Dr. David M. Nongrum, Associate Professor, ET Cell - DERT
- Mr. Leon Gabriel Kharkongor, ET Cell - DERT
- Mr. Dawanbiangpor G Lawai, ET Cell - DERT
- Ms. Maegan Syiem, ET Cell - DERT
- Ms. Anamika Srivastava, Program Lead, Mantra4Change



Government of Meghalaya