



# PARENT ORIENTATION CLASS 10

**8<sup>TH</sup> 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



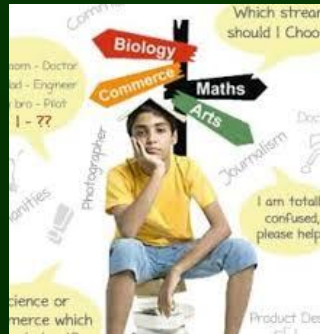
# CLASS 10

## INTERNAL ASSESSMENT

### TERM 1 + TERM 2 (20 Marks )

**SUBJECT ENRICHMENT**

**4**



**PERIODICAL ASSESSMENTS**

**1**



**PORTFOLIO ASSESSMENTS**

**3**



**MULTIPLE ASSESSMENTS**

**2**





# 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**

**B = PA-2 (SEPT. )  
80 MARKS**

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

**Syllabus : will be  
shared through  
Annual curriculum  
Planner**

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Annual curriculum  
Planner**

**Syllabus : Will be  
shared through  
Annual Curriculum  
Planner**

**Marks: 20 ( will be  
reduced to 5  
marks)**

**Marks: 80 (will be  
reduced to 5)**

**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

Details will be shared through Annual Curriculum Planner.

ASL

Instructions & Rubrics: will be shared in the Class

HINDI

Details will be shared through Annual Curriculum Planner.

ASL

Instructions & Rubrics: will be shared in the Class

MATHEMATICS

Mathematical activities will be shared through Annual Curriculum Planner.

4 Activities per term

Instructions & Rubrics: will be shared in the class

SCIENCE

Details will be shared through Annual Curriculum Planner.

Lab activity

Instructions & Rubrics: will be shared in the Class

SST

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

Physical & Health Education

Discipline

Assessment Details : will be shared by subject teacher

Assessment Details : will be shared by subject teacher

Attendance: To be regular to school .

Punctual

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

Marks: Average of Best three will be converted to grades

Marks: Average of Best two will be converted to grades

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	<p>(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:</p> <p><u>Group 1</u> Mathematics, Science, Social Science, another language, Music (Any one), Painting, Home Science, Elements of Business, Elements of Book Keeping and Accountancy, Computer Applications</p> <p><u>Group 2</u> Any One Skill Subject (except Automotive) for Regular Candidates Only</p> <p><b>Note:</b> Information Technology from Group 2 cannot be offered if Computer Applications from Group 1 is opted.</p>

Standard Operating Procedure for availing these concessions are available on :

[https://www.cbse.gov.in/cbsenew/Examination\\_Circular/2019/5\\_CIRCULAR.pdf](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

### ELEMENTS OF BUSINESS

Theory

• 70 marks

Practical

• 30 marks

### PAINTING

Theory

• 30 marks

Practical

• 70 marks

### PHYSICAL ACTIVITY TRAINER

Theory

• 50 marks

Practical

• 50 marks

# FROM THE COUNSELLOR'S DESK



The background of the slide is decorated with several stylized leaves. On the left side, there are leaves in shades of green, orange, and light blue. On the right side, there are leaves in shades of orange, light blue, and green. The leaves are drawn with simple outlines and internal vein patterns.

# **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



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# CAREER COUNSELLING

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# 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



