

CANADIAN MULTICULTURALISM DAY

JUNE, 2026



SUPPORTING YOUR CHILD DURING JUNE EXAMS: A SHORT GUIDE FOR PARENTS **BY: ANSAM AL-NEAIMY**

June is often a stressful time for students, with exams, final assignments, and increased academic pressure. As a parent, your role is not to add pressure, but to provide a calm and supportive environment that helps your child stay focused and confident.

Start by helping your child create a simple and realistic study plan. Break subjects into manageable parts and include regular breaks to prevent burnout. A quiet and organized study space can also make a big difference in improving concentration and productivity.

Equally important is how you communicate. Use encouraging language and focus on effort rather than results. Statements such as "I am proud of your hard work" can build confidence far more effectively than pressure about grades.

Supporting your child's physical well being is essential. Make sure they get enough sleep, eat balanced meals, and stay hydrated. Encourage short breaks, light physical activity, or relaxation to help reduce stress.

Be attentive to signs of anxiety, such as irritability, difficulty sleeping, or avoiding studying. If you notice these signs, respond with understanding and reassurance. Keeping communication open by listening and asking how you can help will make your child feel supported and less overwhelmed.

In the end, exams are temporary, but your child's well being and confidence are long lasting. With patience, encouragement, and structure, you can help them navigate this period successfully.

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FIVE SAVE LIFE'S NEWSLETTER



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JUNE, 2026

INTERNATIONAL SINGLE-PARENT STUDENTS



Tools, Resources, and Pathways to Success



By Joshua Jacob

WATCH THE WORKSHOP

JUNE CROSSWORD

ACROSS

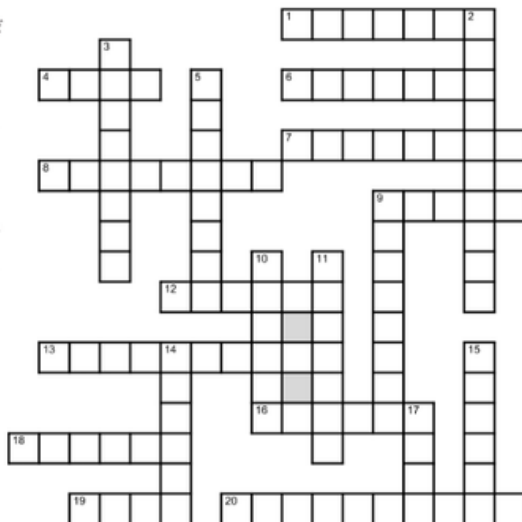
1. Marriage ceremony.
4. Celebrated on June 14th in the US: ____ Day.
6. Certificate presented at a graduation ceremony.
7. Cook outdoors on a grill.
8. Opposite of indoors.
9. June is the ____ month of the year.
12. Astrological sign for the start of June (twins).
13. Celebrated on June 19th to commemorate the ending of slavery.
16. Astrological sign for the end of June (crab).
18. He is celebrated on the third Sunday in June.
19. June 6th, 1944.
20. Red berry that is in season in June.

DOWN

2. Ceremony marking the end of the school year.
3. Time off from school.
5. Drink made from a yellow citrus fruit and sugar.
9. Longest day of the year: Summer ____.
10. Meal eaten outdoors.
11. Sport using a rod and a reel.
14. Number of days in June.
15. Season that begins in June in the Northern Hemisphere.
17. Birth month flower for June.



Barbecue	Outdoors
Cancer	Picnic
D-Day	Rose
Diploma	Sixth
Father	Solstice
Fishing	Strawberry
Flag	Summer
Gemini	Thirty
Graduation	Vacation
Juneteenth	Wedding
Lemonade	



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