



# St John's C of E Primary School

Together we grow stronger

Headteacher Mr B Basinger-Adams Chair of Governors Mr J Alpin



## **Top Tips for helping your child to succeed**

- Limit your child's time on digital technology and social media.
- Do not let your child use digital technology / social media 1hr before bed – give their brains time to 'relax' from the over-stimulation and 'blue-light'.
- Ensure your child has 30mins of physical activity (not including school) – walking the dog, playing in the garden, a bike ride, going to a club, etc. Physical activity has been linked to wellbeing, brain development, long term health.
- Ensure you child has 10hrs sleep a night, at least.
- Ensure your child has healthy food and drink at home and at school – 5-a-day fruit and veg, a healthy lunchbox or hot school meal, and a drinks bottle at school.
- Send your child to school in a happy frame of mind, having had a good breakfast, with their equipment for learning with them.
- Celebrate all your child's learning with positivity.
- Support the school with behaviour management and any issues that may arise. Share your concerns and work together with the school for the solutions.
- Support your child with their emotions – your child will, at times, struggle with some friendships or social situations. This is natural, and it is part of growing-up to learn to be empathetic, negotiate, collaborate, co-operate. Avoid 'inflaming' these emotions.
- At the end of the school day / tea-time ask your child "what did you learn today?" rather than 'what did you do today?'
- Read at home for 5-10minutes with your child for a minimum of 3x per week, aiming for 5+. Record this in the Reading Record so as to gain points for the Reading Olympiad.
- Find 5 minutes every day to practice your child's mental maths (times tables, number bonds, etc) and 5 minutes every day to practice your child's spellings. Little and often work better than cramming the night before as the aim is to embed the learning rather than pass a test.
- Support your child with their homework each week – you are allowed to help, indeed it sends a very positive message to your child if you do help.
- Remember that you are the greatest influence on your child.....they will copy your behaviours, attitudes, language, food choices and life-style choices.

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