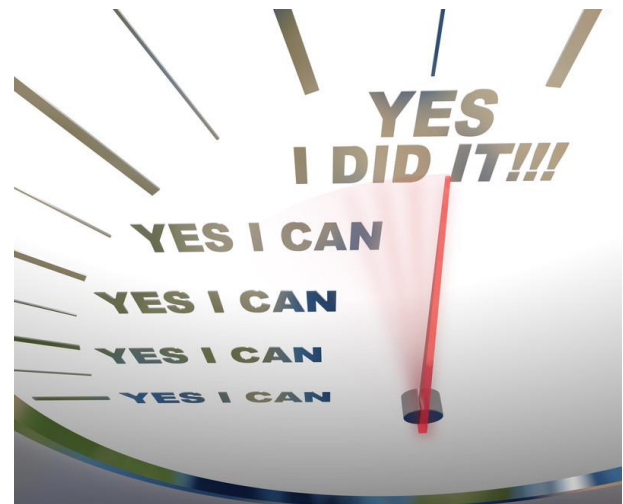




5 ways you can help your child succeed at school



'As a parent, you are your child's first and most important teacher. When parents and families are involved in their children's education, the children do better and have better feelings about going to school. In fact, many studies show that what the family does is more important to a child's school success than how much money the family makes or how much education the parents have.'

We recognise that as parents you are very busy people, so here are 5 time-friendly ways to make a real difference!

1. C.D.A.

In order to succeed we must first believe that we can. Children need to have a C.D.A. (Can Do Attitude). As a parent you can develop this in your child by:

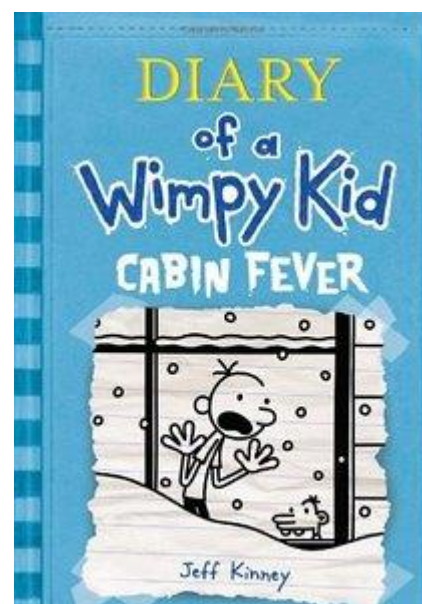
- **Questioning them** - *'how could you solve that issue?' 'what do you think the consequence of that decision might be?'*. If you do the opposite and give them the answer every time they ask a question all they learn is to keep asking and not to think for themselves.
- Encourage your child to **take part in opportunities** which they find challenging. For example, they might not think they are very good at football, encourage them to join a school club to get better.
- Involve your child in **family decisions**. This helps them learn to weigh up different points of view and think through issues.



2. Encourage reading

Reading for pleasure gives your child so many things - an adventure into another world, an understanding of people and social relationships, excitement and wonder.

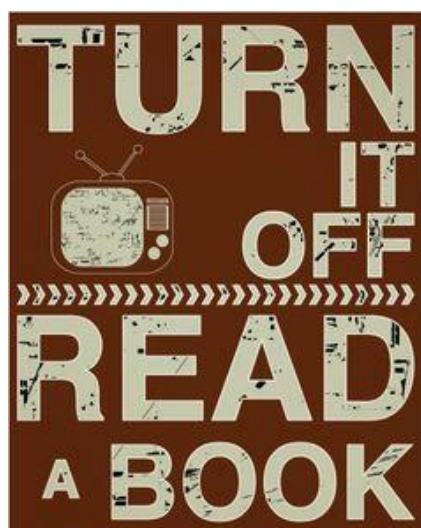
Research shows that an 11 year old who reads for enjoyment for 30 minutes a day boosts their school performance by up to a whole year.



How do I do this?

- Take a book out of the school library today! It's totally free! Discuss the provided recommended reading list with your child and help them to choose a book they will enjoy.
- Ask your child regularly what they are reading, what the story is about etc. You don't have to have read it yourself, by taking an interest you are encouraging them to read more!
- Give books as birthday or Christmas presents.
- Visit your local library together.
- Limit screen time to give your child the gift of more time to read.

3. Manage screen time



Does your child spend hours looking at a screen? Playing computer games, watching YouTube videos or surfing the internet?

Research shows any more than 1 hour a day (on school days) and 2 hours (at weekends) has a negative impact on their health and future GCSE results.

How do I do this?

- Talk to your child about the negative impact of spending too much time online and what other things they could get involved in.
- Set family rules and stick to them. When an hour is up the tablet gets put away and your child focuses on other things.
- Encourage your child to use technology in communal areas rather than alone in their bedroom.

TOP TIP - There are ways to make tablets/computer games turn off after a set time. If you would like to know how, email Wendy Birkbeck: wbirkbeck@liskeard.cornwall.sch.uk

4. Talking homework

You **don't need to be an expert** to help your child with their homework. **The power is in taking an interest.** The more you take an interest, the more your child will understand the importance of doing their homework and trying their best.

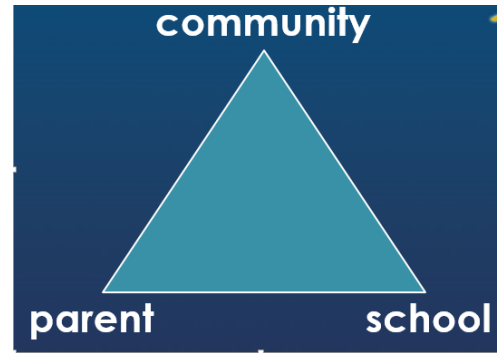


How do I do this?

- Look for **opportunities** to talk to your child about schoolwork - children enjoy sharing what they are learning. Try to find topics you're both interested in so it's more of a conversation than an interrogation.
- Ask your child if there's anything you can do to help with homework. **Discuss** the organisation of the work. As a parent, you have a login to **Show My Homework** so you can see the homework your child has been set each week. If you would like to see how this works, ask to speak to Wendy Birkbeck or Mrs Penberthy.

5. Team Liskeard!

As a parent you are a crucial part of Team Liskeard. You can help your child succeed at school by communicating with us on a regular basis.



How do I do this?

- *Attend parents' evenings.* Let us know if you can't and we can arrange a more convenient time for you to speak to your child's tutor or a subject teacher.
- Sign your child's *planner* and check for messages.
- *Support your child in school events*, for example, sports competitions/drama productions.
- *Let us know* what is working well and anything that isn't. We love to listen. Come along to one of our *Coffee Mornings* to speak to the Head teacher and share your views.

