

Simple ways to support your child's learning

Young people have the greatest chance of **success in their learning when they are closely supported by both their school and their home**. The following is a list of simple, but highly effective ways that parents and families can support teenagers in their learning:

- Take a real interest in what your child is learning about, even if you aren't completely familiar with the subject. Ask them to explain the content to you; this will greatly strengthen their own understanding. Also, use their materials to quiz your child after they've revised a particular topic – this is a fantastic way to support their preparation.
- Make time to regularly talk to your child about school and ask questions about their subjects. Let them know that you value and respect their work. Also, know when they have upcoming assessments (SACs, tests and exams) – mark these on a calendar that is clearly visible in the home.
- Make sure your child has a quiet, distraction-free place to study. Distraction-free means no phone, TV, or websites other than homework-related resources. Make this a manageable task - for example, after 1 hour of school work they can check their phone for 15 minutes. Be sure to touch base with them from time to time to ensure they remain focused and to encourage them.
- Praise and celebrate effort and commitment, as well as results.
- Understand that even if your child doesn't have specific homework, they should complete revision – this means looking back over their classwork again, making study notes and doing extra practice questions; these behaviours consolidate understanding.
- Nourish your child's body and mind – provide healthy, nutritious food and plenty of water. Also, encourage your child to regularly exercise and get plenty of sleep. These steps will help to minimise their stress and anxiety levels: 'healthy body = healthy mind'

Remember - stay in touch with your child's subject teachers and/or advisory teacher – send them a quick email through Compass every few weeks to see how your child is going.

Please attend parent-teacher interviews:
Term 1 – March 28 and 29
Term 3 – September 20 and 21

