



## HOW YOU CAN HELP YOUR CHILD TO THRIVE

*“At Heston we are committed to ensuring our students develop a ‘mindset’ that prepares them both to enjoy academic success and to equip them effectively for adult life.*

*Our core value is that every child can achieve, regardless of background and ability if they embrace every failure as an opportunity to reflect, learn and improve themselves.”*

Ranjit Berdesha –Acting Headteacher

Research has consistently shown that parental involvement in their children’s education does make a positive difference to achievement and it is widely recognised that if students are to maximise their potential from schooling they will need the full support and engagement of their parents.

Research from the National Child Development Study (NCDS) explored the effect of parental involvement on achievement at GCSE in English and Maths and found that high parental interest leads to better exam results compared with children whose parents show little interest.

### GET INVOLVED BY:

#### 1. Attendance to school

Make sure your child comes to school every day and on time. As a parent, it is your legal responsibility.

- Ask regularly about **how school is going**
- Talk to your child about how **important** it is to attend school
- Contact the Learning Coordinator/Form Tutor if your child is avoiding or is reluctant to attend school

#### 2. Embrace the Growth Mindset principles

##### a. Show interest in your child’s work and celebrate the effort they make – use the suggested questions below to help you to discuss their work:

- How did you respond to challenges you faced today?
- Did you keep going when the work became difficult?
- Did you take the easiest route to complete your work? Was the easiest route the best route?
- Was the work the best you could have produced? How do you know?
- Did the tasks you completed today demonstrate you were thinking hard and challenging yourself?
- How did you react when tasks became challenging?
- What do you do when you find yourself becoming frustrated?

##### b. See failure as a path to success



- **F**irst
- **A**ttempt
- **I**n
- **L**earning

### c. Create challenge for your child

- Have high expectations and challenge your child to think, reflect and debate topics outside their immediate interest
- Help them to aim high
- Use language to broaden your child's vocabulary through conversation with them
- Spend quality time with your child, doing things together at home; reading newspapers at least once or twice a week, watching (and discussing) the news, doing crosswords or Sudoku
- Engage in 'high order thinking skills' such as 'should people have the right to choose to die?'
- Visit museums, galleries or places of historical interest to broaden your child's cultural capital through an understanding and appreciation of art, architecture, music, religion, history and people

### 3. Support your child in preparing for the day

#### a. The beginning and end of the school day

- Help your child to be organised in the morning; encouraging them to take responsibility
- Establish a routine in the morning and evening which will help the day start smoothly and with minimal disruption
- Make sure your child eats a healthy breakfast to ensure they perform better at school
- Allow plenty of time for your child to get to school - build extra time into their morning routine to accommodate for heavy traffic and delays on public transport
- Each evening, check your child's planner for messages, detentions and rewards

#### b. Sleep matters

Experts acknowledge that sleep plays a significant role in brain development, and it is therefore important for a child to get enough sleep as their bodies grow and mature. Sleep also plays a crucial role in your brain's day-to-day ability to function. Between the ages of 11 and 18, your child will need 8.5-10 hours of sleep a night.

#### c. Helping with homework

Your input is important!

- Check your child's planner every evening
- Log into "Show My Homework"
- Ask your child to explain the homework they have completed
- Challenge your child's homework using the Growth Mindset principles
- See the recommended time that your child should spend on home learning daily:

Years 7 and 8	30 to 60 minutes a day
Year 9	60 to 90 minutes a day
Years 10 and 11	90 to 120 minutes a day

#### d. Helping your child through exams

##### Assisting with revision

The secret to doing well in exams lies in planning. You can help your child to create a clear revision plan and method of studying that will make them feel in control of their work.

- Work out a revision timetable for each subject
- Break revision time into small blocks - hour-long sessions with short breaks at the end of each session often works well
- Make sure your child has all the essential books and materials
- Condense notes onto postcards to act as revision prompts
- Go through school notes with your child or listen while they revise a topic
- Time your child's attempts at practice papers

#### 4. Providing all-round support

- Provide a home life as pleasant and calm as possible
- Try to be at home as much as possible so that you can share a break and chat together
- Make sure there are plenty of healthy snacks and try to provide good, nutritious food at regular intervals

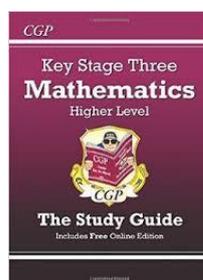
### TOP TIPS FOR PARENTS

#### HELPING YOUR CHILD WITH MATHS

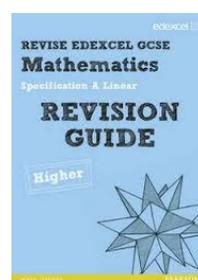
- Be positive about maths. Try not to say things like "I can't do maths" or "I hated maths at school" - your child may start to think like that themselves
- Point out the maths in everyday life. Include your child in activities involving numbers and measuring, such as shopping, cooking and travelling
- Praise your child for effort rather than for being "clever". This shows them that by working hard they can always improve
- Work with your child using the resources that the school provides

	1	2	3	4	5	6	7	8	9	10	11	12
1	1	2	3	4	5	6	7	8	9	10	11	12
2	2	4	6	8	10	12	14	16	18	20	22	24
3	3	6	9	12	15	18	21	24	27	30	33	36
4	4	8	12	16	20	24	28	32	36	40	44	48
5	5	10	15	20	25	30	35	40	45	50	55	60
6	6	12	18	24	30	36	42	48	54	60	66	72
7	7	14	21	28	35	42	49	56	63	70	77	84
8	8	16	24	32	40	48	56	64	72	80	88	96
9	9	18	27	36	45	54	63	72	81	90	99	108
10	10	20	30	40	50	60	70	80	90	100	110	120
11	11	22	33	44	55	66	77	88	99	110	121	132
12	12	24	36	48	60	72	84	96	108	120	132	144

Times Tables are Essential



Workbooks



Revision Guides

#### Use the Web

<http://www.mymaths.co.uk/>

<http://www.mrbartonmaths.com/>

<http://corbettmaths.com/>

<http://www.hegartymaths.net>

<http://www.physicsandmathstutor.com/>

<http://www.bbc.co.uk/skillswise/maths>

#### HELPING YOUR CHILD WITH SCIENCE

- Discuss with your child what they have learnt or enjoyed in their Science lessons this week – challenge them to teach you something new!
- Encourage them to use the many Science internet resources or a revision guide (see below for some of our top suggestions)
- Support them in their Science revision – just reading notes does not work for most students. Help them to make revision cards, ask them quiz questions from their Science book or mark practice papers that can be found on the internet
- Discuss Science in the news – What is their opinion on stem cell research, drug doping in sport or nuclear power stations?
- Help them to research Science careers – a goal can be motivational
- Inspire their curiosity in Science by taking them to the Science Museum, Natural History Museum, Wellcome Collection Museum, Florence Nightingale Museum, London Zoo, Old Operating Theatre or the London Transport Museum

#### Use the Web

[BBC Bitesize KS3 and KS4](#)

[TES games for grades – KS4](#)

[Cyberphysics.com – KS4 and KS5](#)

[my-Alevelbiology.com – KS5](#)

[docbrown.info/ks3science – KS3](#)

[Socrative Science Quizzes – KS4](#)

[Cyberphysics.com – KS4 and KS5](#)

[S-Cool – KS3, KS4, KS5](#)

[my-gcse-science.com – KS4](#)

[Khan Academy – KS4 and KS5](#)

[Alevelchem.com – KS5](#)

**CGP Revision guides – KS3, KS4, KS5**

## HELPING YOUR CHILD WITH ENGLISH AND LITERACY

- Encourage your child to read widely from a range of types of texts and ask them good questions about their understanding.
- If your child is currently in KS3, check that they are reading Accelerated Reader books and taking tests regularly; you can do this by checking their Reading Log. Ask them to read to you, noting down and looking up the definitions of any unfamiliar vocabulary.
- Make reading a shared activity by going to the library together, select new material and allocate specific time to reading. <http://www.hounslowlibraries.org/web/arena>
- Keep an eye out for any literacy sessions that are delivered by the school to help parents support literacy at home.
- Look through your child's planner, it contains a number of useful pages on sentence structure. Encourage your child to use this in their homework across the curriculum.
- Be aware of what your child is currently studying; there is a summary in the English section of the school website that details what your child will be studying in English each half-term.
- Look through your child's English book to check their progress and areas for development so that you are fully aware of what your child needs to do to improve in their English work.
- If you ever have any questions, please contact your child's English teacher who will be happy to help.

### Asking good questions:

1. **Knowledge** – *Simple re-cap questions* - Can you remember what the character did before? What is this character's job?
2. **Comprehension** – *Understanding questions* - Can you explain what has happened in the story? Why do you think the character did this? How is he/ she feeling?
3. **Application** – *Applying knowledge to a wider level* - If you were in this situation, how would you feel? Have you read anything like this before? Where else have we read this theme/idea in the story?
4. **Analysis** – *Examining detail closely* - Can you find a quotation to support your ideas? Which word shows the character's feelings? What does the word mean?
5. **Synthesis** – *Creative approach to text*- If you were going to cast an actor as this character, who would you choose and why? Do you think a film version of this book would be successful? If you designed a cover for this book, what would it look like?
6. **Evaluate** – *Weighing up ideas* - What is the effect of this on the reader? What has been your favourite part of the story and why? Would you recommend this story to another reader and why?