

HOW YOU CAN HELP YOUR CHILD TO THRIVE

At Heston we are committed to ensuring our students develop a 'mindset' that prepares them to both enjoy academic success and 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 – 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.

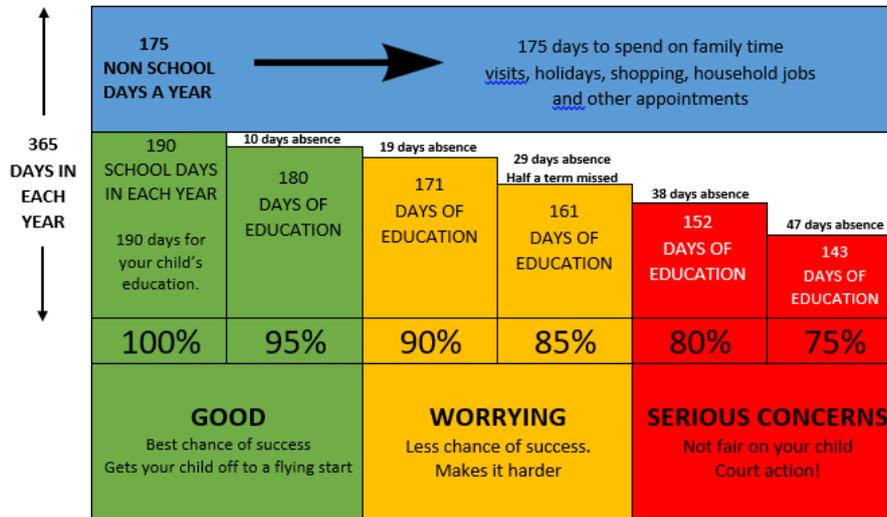
GET INVOLVED

1. ATTENDANCE

Make sure your child comes to school on time every day. Parents have a legal responsibility to ensure that their child attends school. High attendance during Year 10 and Year 11 is vital to your child's success.

- 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

Days off school add up to lost learning



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 organise themselves in the morning; encourage 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 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; therefore, it is important for your child to get enough sleep for their bodies to 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
- Ensure your child is following the recommended time for home learning:

Years 10 and 11

90 to 120 minutes a day

4. HELPING YOUR CHILD THROUGH EXAMS

a. Assisting with revision

Revision involves actively looking back over their work on a continuous basis to:

- I. Reinforce learning so it stays remembered
- II. Remind students of things they may have forgotten
- III. Show what students may not know or understand

Students have been provided with revision material for each subject area to prepare for their Year 10 Mock Examinations. Most are hard copies; however, some Curriculum Areas will have uploaded relevant documents on the student shared area which your child can access.

If you have any problems, please contact your child's class teacher or Ms Farmer (Learning Coordinator)

b. Revision timetable: Help your child plan out their revision timetable for the week ahead:

- Break down the subjects and topics for each week
- Help them identify their strengths and weaknesses for each topic for every subject
- The timetable should pay particular focus to the topics in which they feel less confident
- Break revision time into small chunks - hour-long sessions with short breaks at the end of each session often work 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

Remember, although revising is important, it is equally important to ensure that your child has time to relax and have some personal time.

c. Make sure your child knows:

- What day the exam is on, and what time it starts!
- How long each exam is for
- If there are different papers for each subject, what topic will each paper consist of?

d. 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 is plenty of healthy snacks and try to provide good, nutritious food at regular intervals.

e. Learning environment

- Ensure your child has a quiet place to study / revise
- Ensure they have no distractions when revising such as their phones
- Keep talking to your child about how they are feeling and how they think they are getting on with their work / revision. **If they are feeling stressed / anxious, please inform Ms Farmer as soon as possible.**
- Offer words of encouragement and motivation

All children have a different type of learning style. Help your child to find which methods would work best for them.

f. Support from School

- Regular interventions will take place after school and on weekends. You will always be informed by the School of the intervention. **Attendance to all interventions is compulsory.**
- If you have any concerns regarding your child and their progress / achievement, please contact their Subject Teacher, or Learning Coordinator [Ms S Farmer].
- All subjects and examination boards can be found below.

Subject	Curriculum Leader	Exam board
Maths	Mr A Bussunt	Edexcel
Science	Ms B Hart	AQA
English Language and English Literature	Ms N D'Lima	AQA
Humanities	Mr M Clayton	Geography: AQA History: Edexcel
MFL	Mrs P Virk	French: Edexcel
Business	Ms N Chhibba	Business: Edexcel BTEC: Edexcel
Performing Arts	Ms C McNulty	Dance: AQA Drama: OCR
DART	Ms H Wyglendacz	Fine Art, Graphics, Photography: Edexcel Food Technology: AQA 3D Design: Edexcel

5. HESTONIAN VALUES

Our core values, underpinning the attitudes and behaviours of our School Community, are:

- Respect
- Equality
- Resilience
- Ambition
- Honesty

“You can achieve anything you want in life if you have the courage to dream it, the intelligence to make a realistic plan, and the will to see that plan through to the end” - Sidney A. Friedman



Heston Road - Heston
Hounslow - TW50QR
www.hestoncommunityschool.co.uk
Email: info@hestoncs.org
Telephone: 020 8572 193