

Get involved with your child's school

- Develop a partnership with your child's class team
- Attend parent/carer meetings
- Take part in workshops at school
- Attend celebration and achievement events
- Contribute to charitable events at school

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Modelling positive attitudes to learning

- Monitor screen time
- Encourage your child to read
- Take time to talk about school and what they have learnt today
- Reward successes at school and at home
- Promote healthy bodies, healthy minds a balanced diet, regular physical activity and sleep routines





Growth Mindset – Why I can do this

- Help your child think through how to get from "I can't" to "I can try."
- What I think I can't do
- Why I think that
- What I'm afraid of
- How I'll keep these challenges from standing in my way
- Encourage a growth mindset in your child





Be an advocate for your child

- Ask questions
- Bring concerns or worries to the school's attention
- Contribute your ideas to school evaluation, planning and setting the school vision – what will make a difference for your child









Supporting your child's academic and social development

- Find out your child's timetable
- Support with homework however if it becomes a point of conflict ask school to support
- Help your child with their organisational skills, plan, prepare, schedule, make lists
- Support during exam times by reducing unnecessary pressure



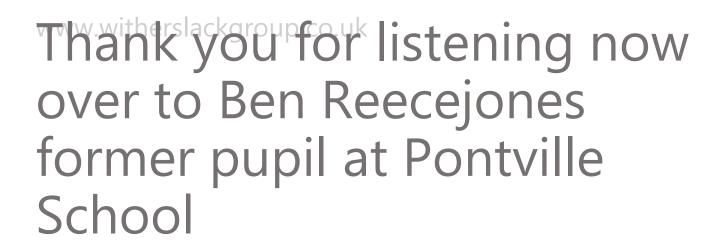


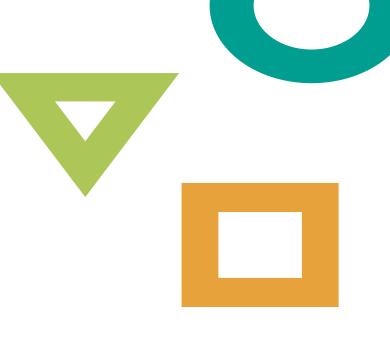
As a parent/carer you are your child's first and most important teacher

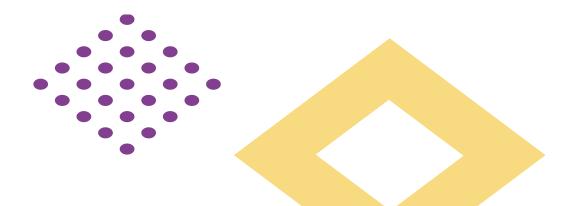
• When parents and families are involved in their children's schools, the children do better and have more positive feelings about school.

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