



# LANGLEY SCHOOL

## 10 Steps To Success!

### SUPPORTING YOUR CHILD WITH SCHOOL

*Parents\* often tell us that they would like to help their child more with school but that they do not always know how. Research suggests that support from parents is up to eight times more likely to mean that a child gains good GCSEs at the end of Year 11. We have put together a handful of tips which we feel could really benefit your child in making a success of themselves at school.*

1. **Every lesson counts!** The single biggest factor in determining your child's success in their GCSEs is to send them to school every day, on time. If your child has 90% attendance, you might think that this is pretty high. However, 90% attendance means that your child is missing half a day of lessons every week.
2. Getting to school on time obviously means that your child will not miss lessons but they will also have the chance to meet up with friends, receive notices for the day and feel a part of the school community. **Good time keeping** is also an important factor in getting and keeping a job so it's always best to get into good routines from a young age.
3. We know that children who eat **breakfast** have increased levels of concentration and perform better in lessons. If your child does not get time to eat breakfast before leaving for school or you would like them to eat when they get here, we run a Breakfast Club from 8.15am every morning where your child can select food and drink from a hot or cold buffet. If you are eligible for Free School Meals, your child will receive their breakfast free of charge, without other children knowing.
4. Open lines of **communication** between school and home leads to a more positive approach from everyone. Partner with us by attending Parents' Evenings and other appointments to meet teachers and learn more about your child's progress in school. If you can't make an appointment or meeting, we are always happy to rearrange for a time that is more convenient to you. If it is difficult for you to get here, tell us and we can support by making telephone contact or email, where appropriate.

5. Keep up to date with **school life** and the opportunities your child has by reading the school newsletter, any letters sent home and the termly editions of Aspire. You will also gain important information from our website about deadlines and other school news affecting your child.
6. If there is an **issue at home**, let us know and we may be able to help. We can support your child in school or point you in the direction of where you might be able to find help. Please get in touch with your child's Form Tutor or Head of Year if you would like to share any concerns or issues.
7. As a school, we have high expectations of **school uniform** to help us keep our standards high. Students will be challenged if they are not wearing the correct uniform. Please help them to avoid confrontation and sanctions by ensuring they are wearing the appropriate uniform when they leave the house in the morning. If you are struggling financially to meet the demands of uniform, equipment or school trip costs, contact Mrs Thorpe, Pupil Premium Co-ordinator or your child's Head of Year and we will look into supporting you.
8. **Homework** helps students to deepen the learning they have done in lessons. Encourage your child to keep on top of their homework by monitoring their homework diary. Give them a quiet place to work and support them where you can. If you would prefer your child to do their homework in school, they are welcome to attend 'Homework Club' in the School Library every day until 4pm where they have access to books, computers and a printer.
9. We run a range of **clubs** before and after school as well as at lunchtime. Research shows that when students get involved in school life, they are more likely to do well because they feel a sense of belonging. We publish a list of our extra curricular activities on our website. Have a look and try to get your child to give something new a try and join in.
10. Technology is great and can really help students with their learning. Young people need to know when to switch off though in order to relax and enjoy a good night's **sleep**. Try to encourage your child to switch off phones, tablets and computer games at least 30 minutes before they go to bed as a way of helping them to unwind and experience a better quality of sleep. **Reading** a book for 10 minutes each night before they go to bed is proven to improve students' spelling and writing as well as helping them to relax.

**It is hoped that you will have found this advice useful. We want to make sure that we work in partnership with you to support our young people to make the most of every moment at school in order to reach their full potential.**

\*The word '**parent**' is used here but of course you don't have to be a parent to make a difference. Carers, siblings, grandparents and other interested adults can also support young people to make a success of their time at school.