



The Charter School  
East Dulwich



## Supporting Your Child in Secondary School



How to support your child at home.



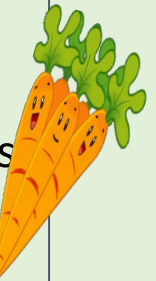
OMG! I left  
school in 1985!

How Can I help  
My Child's  
Learning at  
Home???

(Psssst! It's OK if you don't  
know the bus stop method for  
long division!)



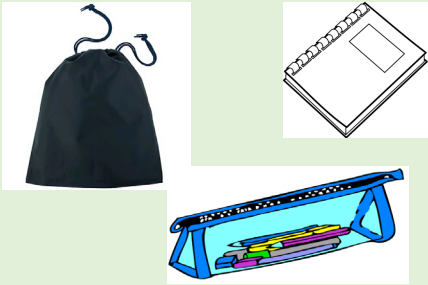
1. **Have those routines and systems.** Support your child to develop their organisational skills (wall planner / calendar, check list, tidy work space, colour coded folders, "launch pad")
2. **Show an interest in what they are learning** – but have a light touch, don't be too judgemental! Get them to teach you the bus stop method!
3. **Read with your child or discuss what they are reading.** Show enthusiasm for finding out new stuff! Books make great presents! 😊
4. **Help your child's revision** e.g. quiz them, help make flashcards
5. **Familiarise yourself with the tech!** Know how to navigate the VLE, parent pay, useful websites such as Heggarty Maths or Doodle
6. **Set the boundaries**
7. **Support the curriculum outside school** (e.g. museum visits, watching a set text on DVD together, watching selected TV programmes together, buy the suggested revision guides, visit the local library)
8. **Get a dictionary**
9. **Eat together**
10. **Share your experiences, keep calm, positive and praise effort**  
(Remember: carrots are nearly always more effective than sticks 😊)



# Establishing Good Habits

## Prepare the night before

- Completed homework
- Books packed
- PE kit
- Uniform sorted
- Launch pad!



## Plan breakfast

- Complex carbohydrates
- Cereals
- Wholegrain toast

1 in 3 teens skip breakfast



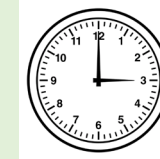
## Limit the pocket money = limit the sugar highs!

- Yes, they do spend all of that £3 on junk food before 8:30am!
- Discourage “energy drinks” but stay hydrated



## Establish a clear after school routine

- Healthy snack (do they really need to go to the chicken shop?)
- Rest break
- Planned after school activities
- Homework start time
- Consistent dinner time



## Consistent rules: Turn off the TV / Phone / X Box / limit computer time on weeknights

Don't believe it when they say they can text, Snapchat, game and do homework simultaneously!  
56% young people spend up to 3 hrs / day on social media! This can be linked to mental health issues



## Have a designated space for homework / study. Public computers are good!



## Engage with & support your child's learning



## Encourage physical exercise



## Have a bedtime routine & time



Up to ¾ teens have trouble sleeping  
Most teens average 7 ½ hrs sleep a night

## Ban technology at least 30mins before bedtime & ensure rooms are dark & phones are off!



# Supporting Reading: General Tips

- Be a role model. Read for pleasure yourself and be seen to be reading more than your iPhone or work emails! Find that 20 minutes a day.
- Encourage your child to read a variety of texts – especially fiction. Buy “quality” newspapers or magazines, follow your child’s online reading and progress on Accelerated Reading (Year 7)
- Don’t give them the answers – get them to find out what they want to know
- Have a dictionary at home
- Understand that reading should be an ACTIVE and INTERACTIVE activity. Texts need to be “played” with, discussed, and re-visited

# Enriching Students' Language

## oracy

Pronunciation: /'ɔːrəsi/

Definition of **oracy**

*noun*

[*mass noun*] *British*

the ability to express oneself fluently and grammatically in speech:

## Why is oracy so important?

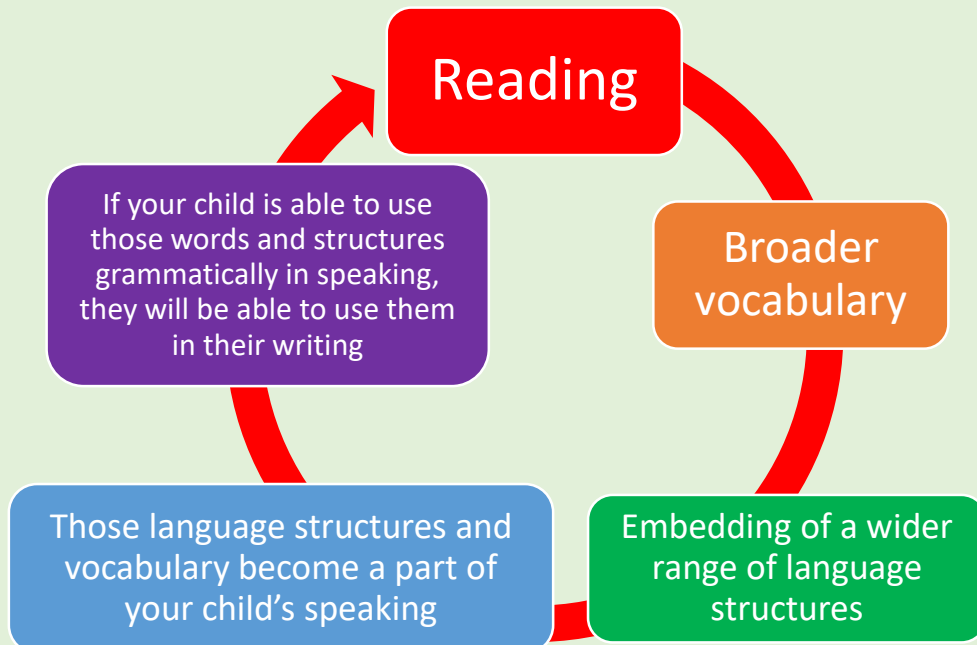
It helps students formulate their ideas into clear thought.

Accurate use of speech, helps improve accuracy in written work, especially grammar.

Finally, and very importantly, confident speakers are confident people – so it builds confidence.

# What the research says...

The more children read and are read to, the more words, concepts and language structures become part of their speaking and listening vocabulary. Children begin to use these words and structures in their everyday oral language and subsequently this aids the reading and writing tasks.



“Our research shows that when students learn how to use talk to reason together, they become better at reasoning on their own.”

“British public schools, which [have] educated many members of the present Westminster government, place great emphasis on developing the confident and effective use of spoken language. For the sake of social equality, state schools must also teach children the spoken language skills that they need for educational progress, and for life in general.”

Neil Mercer: Professor of Education  
(Cambridge)

# What can you do at home?

- Talk to your child whenever you can. It is true that in busy households it's becoming more and more difficult for families to spend quality time talking in a reflective way about what everyone has been up to. Mealtimes can often be the best time for families to get together like this. (And ban the TV!)
- Help your children to develop their vocabulary by suggesting “better” words they could use in their conversations – in a constructive and friendly way!
- When they are trying to persuade you to do something or argue against you, ask for them to give you clear reasons using connectives and no slang!
- Encourage them to take part in more formal speaking activities e.g. speaking to an audience via a school assembly, by joining debating, by acting as a guide at Open Days
- Discuss topical subjects of concern with them e.g. crime, politics



# Learning – and retaining – new vocabulary

*‘Students must interact with new words in a variety of ways and be exposed to the words frequently in different contexts’ (National Reading Technical Assistance Centre, 2010)*

## 5 ways to interact with vocabulary

1. Draw an image that represents the word
2. Act out the meaning of the word
3. Use the word orally and in written work, as much as possible
4. Say and/or clap the sound of the word
5. Find the word within a word / understand the parts of a word (prefix-base-suffix)
6. Add new words to a word wall or put them in a word pot or on the fridge

Students must revisit words often if they are to add words to their working vocabulary




Word Wizard


New word .....

**b, c, t**


It starts with ...



It rhymes with ...







It has ... syllables



Say the word to your partner


Symbol/picture




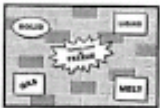
  
meaning


Use the word in a sentence .....

.....

 Action

 Song or Rap

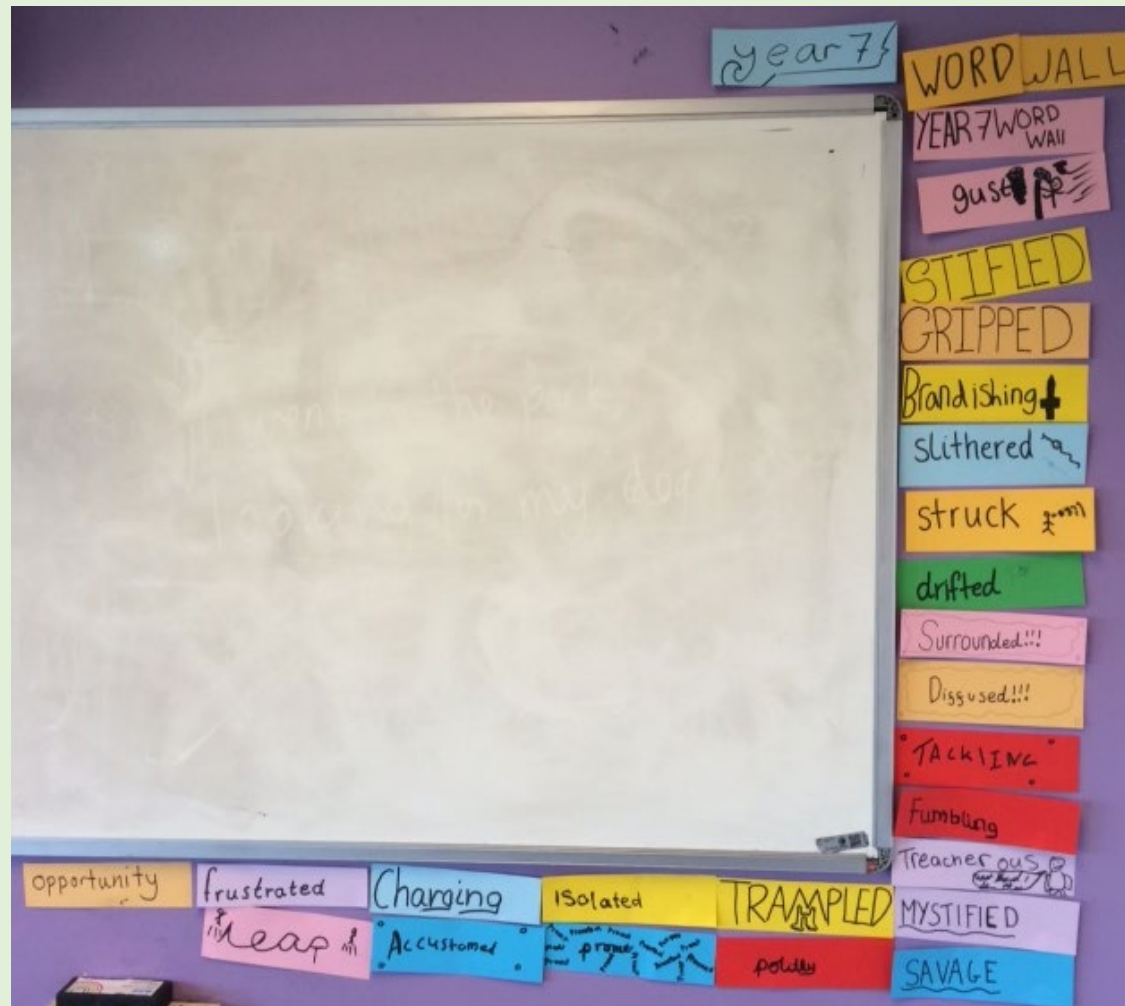
 Word Wall

 Word Pot

A printable colour version is available on the CD-Rom.

A worksheet for interacting with vocabulary

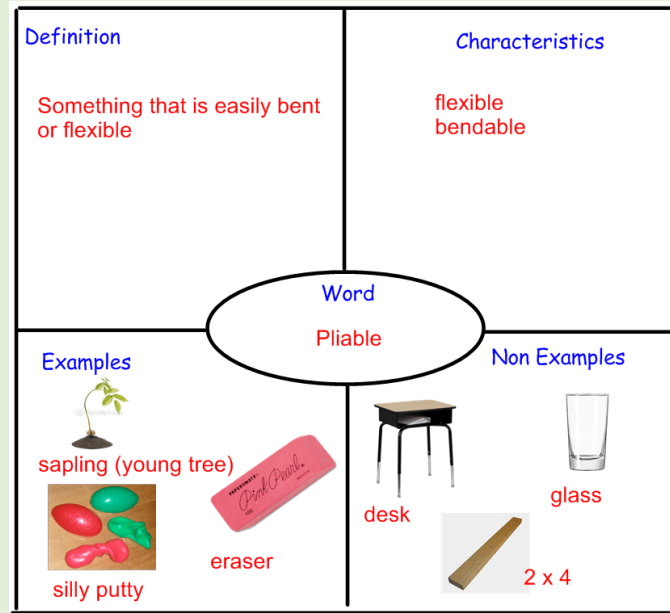
# Vocabulary word wall: an easy way to revisit words in the future



Students must revisit words often if they are to add words to their working vocabulary

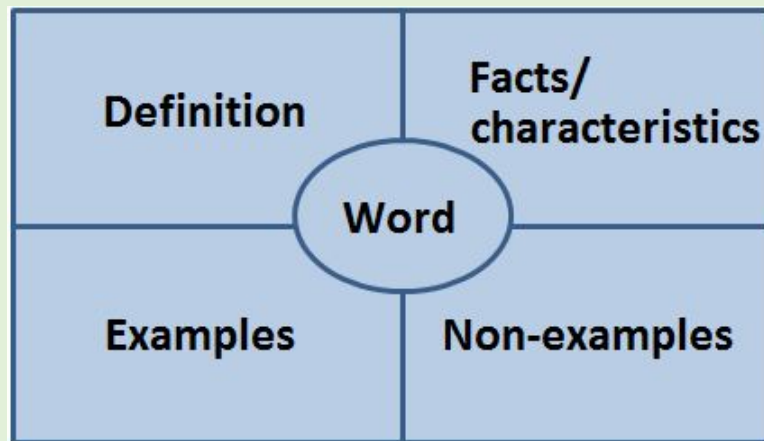
Could you have a Word Wall at home?

Or a word of the week challenge?



The Frayer method: a graphic organiser for building vocabulary.

- The **Frayer Model** is a graphic organizer for building student **vocabulary**. This **technique** requires students to define target **vocabulary** and apply their knowledge by generating examples and non-examples, giving characteristics, and/or drawing a picture to illustrate the meaning of the word.



# Useful online tools for learning



Quizlet is an excellent free online flashcard learning tool that can be used for all subjects.

It matches the principles of learning: little and often, multi-sensory, distributed practice that supports working memory. Excellent for all learners.

<https://quizlet.com/en-gb/students>



Is your child finding languages difficult? Would an online multi-sensory revision tool help? Memrise is an excellent way to reinforce working memory. It reinforces new vocabulary through short videos, encouraging the student to read and pronounce new vocabulary. <https://www.memrise.com/>



BBC Bitesize has excellent short videos, revision guides and quizzes..

<https://www.bbc.co.uk/bitesize/guides/z9s9q6f/video>

# Other ways to support your child's learning



Watch a film or animation about the story you are reading.



Watch a documentary about the topic.

[https://www.youtube.com/watch?v=\\_Nxpyonf5j4](https://www.youtube.com/watch?v=_Nxpyonf5j4)



Listen to a podcast to get background information.

# Specific Learning Difficulties

If your child has a Specific Learning Difficulty. The following websites may be of use:

- Dyslexia Action ( [www.dyslexiaaction.org.uk/](http://www.dyslexiaaction.org.uk/) )
- The British Dyslexia Association ( [www.bdadyslexia.org.uk/parent](http://www.bdadyslexia.org.uk/parent) )
- Information about dyscalculia, which affects numeracy ( [www.bdadyslexia.org.uk/dyslexic/dyscalculia](http://www.bdadyslexia.org.uk/dyslexic/dyscalculia) )
- Information about dysgraphia, a rare condition affecting handwriting and memory processing
- Information about dyspraxia, which impacts on coordination and organisational ability among other things ( [www.dyspraxiafoundation.org.uk/](http://www.dyspraxiafoundation.org.uk/) )

All teachers are given support and specialist Professional Development to ensure that they are confident to meet the needs of these students in mainstream classes.