

NEXT STEPS

STRESS BUSTERS



THE SUPPORT AT HOME IS SO IMPORTANT

Studies have shown that pupils are much more likely to achieve if they have the support and encouragement at home. Taking an interest, offering support, giving praise and helping your child stay focused and organised can make all the difference.

What can you do?

- Show a friendly interest in their work and subjects – ask questions, have a chat
- Offer to test them on what they've just learned
- Think of little prizes and treats to act as encouragement
- Know what assessments or exams they have and when – if you're not sure, ask them or us!

Keeping them on track

- Help them build SELF-MOTIVATION – they need to want to achieve – help them plan next steps
- Help them take responsibility for their work – it is not YOUR fault or the teacher's fault if something goes wrong – finding solutions rather than looking for someone to blame!
- We all get stuck sometimes – help them look for strategies for persisting when things get tough
- Organising themselves – notes, handouts, different subjects and topics
- Completing set work at home – it can all be used as evidence towards their grades
- Planning and carrying out revision

Attendance makes a big difference. At Kettlebrook we do all we can to help students catch up if they've missed work, but coming to school regularly will ensure they do as well as they can.

- Avoid family holidays during the school term
- If your child is ill, please contact the school immediately to let us know
- Take phone calls from your child's key worker – they may be giving you important updates
- Ensure you check your emails regularly for information from us



Please always let us know any changes of telephone number, addresses, contacts etc.

THEY NEED TO HAVE A PLAN or a DREAM

Our Careers Advisor, Kelly Wright, is in school every week ready to help your child plan their next steps. She can be contacted at kelly.wright@kettlebrook.staffs.sch.uk.



Does your child KNOW what they want to do in the future? Does your child dream of a certain career? Do they know what they need to achieve this? It may not be just about qualifications – a good attendance record, participation in specific activities and a good reference may also be required. Working together with you and your child, we can help with this!

- It is great to have something to aim for – but if they are not sure what they want to do next, they still need to understand that they have more choices with more qualifications.
- We all keep learning all through our life – employers will expect them to keep learning – so getting used to learning is an important life skill.

EVERY DAY STRESS BUSTERS



- They should eat breakfast every day and drink lots of water.
- They need warm clothes for school – some rooms at Kettlebrook can feel chilly! Working out what they are wearing the night before removes another stress for you both!
- Lots of **positive** talk – there are always nice pictures and stories in the *Wellbeing Weekly* to chat about.
- Make sure they get to school with plenty of time to spare.
- Some of our students find the trip to school stressful and so working with your child to remove as many of these anxieties as possible helps us all.
- Remind them to TAKE A DEEP BREATH! Take one as they leave home and another as they arrive in school.
- Prepare them to be parted from their phone! Their phone should be left each day in Reception, and they should try to switch it off at the end of the day to get a good night's sleep.
- Fresh air and exercise is good for us all.



HOW CAN MY CHILD BE A BETTER LEARNER?



IN SCHOOL

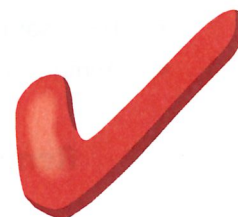
- Attending all their timetabled lessons and any additional sessions offered by teaching staff.
- Ask if they don't understand – this requires confidence and can be difficult in front of friends.
- Having a go at assessments and exam questions set in class – everything they produce can be considered as additional evidence that will help teachers determine their grade.

AT HOME

- Try to get your child to learn information for **at least** an hour each night in addition to sessions in school.
- This should increase as assessments and exams approach.
- We encourage pupils to draw out a **REALISTIC** timetable and then stick to it (no point saying they'll do 2 hours on a Saturday morning if they play football on a Saturday morning, or saying they'll revise when Eastenders is on when they **ALWAYS** watch it!)

WHY DO EXTRA ?

- The assessments and mock exams will test how much is known about a subject – no one can do this without actually learning the information first.
- Extra work will **DEFINITELY** help your child do better.



WHAT WORK SHOULD THEY BE DOING?

- Your child should know what to do – they must listen in class and check with their teachers.
- Your child has a log in for My Maths and other online learning platforms – always work there to do as well as BBC Bitesize.
- Use past papers – you can download from the board websites or get from school.

WHEN?

- Let them get home from school, have a drink/bite to eat and then get down to a bit of work before they see friends or their favourite telly starts...!!
- Revise for about 30 mins at a time and then a quick break before getting back to it
- Last minute revision can work – but try to get your child to do revision every day rather than trying to cram it all the night before.

WHERE?

- Your child will need a quiet corner to work.
- It should be away from the television and other distractions
- They need to be monitored and checked - an hour on Facebook won't help their Maths exam!

ASSESSMENT DAY STRESS BUSTERS



What they DON'T need on assessment/exam day!

- They **CAN NOT** have a mobile phone, Smart Watch, mp3, ipod etc in the exam (these should be handed in at reception as normal or left at home)
- They cannot wear a hoody or a cap on their head.
- Only a plain watch is allowed – not one with calculator function or a Smart Watch like an Apple watch etc.
- They can't write answers in highlighters or gel pens
- They can't use tippex at all!
- They can't take in a dictionary.

What they DO need on exam day!

- Water in a see-through bottle (no labels).
- Warm clothes – they may be sitting still for quite a while.
- Getting to school on time with no last-minute rushing.
- They should have eaten some breakfast.
- Have something nice for when they get home – a cup of tea and a chat.
- Avoid too much post-assessment or exam analysis – but allow them to talk about it.

Remember – we are here to help – please call school with any concerns.

We can all only do our best!



**WE'RE HERE
FOR YOU!**

Kettlebrook Short Stay School

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