

How to help your child at home ?

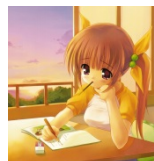
In order to succeed at school, your child needs you. You should devote at least ten minutes a day to helping him/her with school work.

For example, you can ask him or her what he/she has learnt during the day, what the best and most difficult moments of the day were, and what homework there is to do.



1) Help your child to get organised :

- Your child needs to check his/her homework diary (“carnet de correspondance”) every day. You can help him/ her check the work that needs to be done over the next few days. You can also check what homework there is on PRONOTE.
- Your child needs to be organised with his/her homework. Encourage him/her to work regularly to avoid having too much to do in one go.
- Your child needs prepare his/her school bag. You can help him/her to check that he/she has got all the necessary equipment: pencil case, exercise books, text books, homework diary, files, A4 paper and sports kit.



2) Help your child to work in a calm environment :

- Encourage him/her to write legibly.
- If your child has something to learn by heart and needs to understand his/her lesson, you can get him/her to read and then recite the vocabulary, the lesson summary, the definitions and the poems, for example. After that, ask him/her to tell you what he/she has understood (key words, mathematical formulas etc)
- If your child has exercises to do, make sure that they are done and written down.
- If your child has research to do, he/she can find help and resources in various places: the school library, home, the social centre, your local library etc.
- Your child can also sign up to the homework clubs in school (“Aide aux devoirs” and “Devoirs faits”).

3) Help your child to be fit and strong :



- Your child needs plenty of sleep, preferably in the dark and in silence. A child of this age needs at least 9 hours sleep a night.
- Your child needs to eat breakfast. Skipping breakfast leads to a loss of concentration during the day, and that in turn has an effect on learning (work and behaviour).
- Your child needs to do sport on top of the lessons which are part of the curriculum. They could join the UNSS, which is a sports club at school (lunchtimes and Wednesday afternoons). They can do sport in clubs, with friends, or simply choose to walk or cycle whenever possible.
- It is important to limit your child's screen time (phones, tv, games consoles, tablets, computers). All screens should be turned off at least an hour before your child goes to sleep.