

Simply

THE BEST

BARKING ABBEY
PARENTAL NEWSLETTER 5

Parental involvement is consistently associated with pupils' success at school

Your Role Matters...



Every 2 weeks your child is introduced to a **BEST Learning Habit** at school, please ensure that you:

1. Explain what it means
2. Show your child how to model the behaviour
3. Offer plenty of examples of how other members of the family have modelled the behaviour

(Please use the resource for tips to help you, from this link:

<http://www.barkingabbeyschool.co.uk/assets/Uploads/Documents/The-Best-Learning-Habits-for-Parental-guidance.pdf>

Five steps to get your time under control:

1. List everything you need to do
2. Break down big tasks (like essays) into smaller chunks
3. Prioritise your work list - today, tomorrow, in a week...
4. Do something from the 'today' column immediately, and tick it off the list. Getting one task done will help you feel calmer
5. Now put the other tasks in priority order and make a plan to tackle them

Here is our fortnightly learning habit and some tips to help you:

Prioritising

Being able to place things in order of importance/deadlines/logical sequencing to achieve your goal



Typical Behaviours:

- Showing an awareness of the goal or target and knowing what steps to take to get there,
- estimating times to complete certain tasks,
- learning from your experience

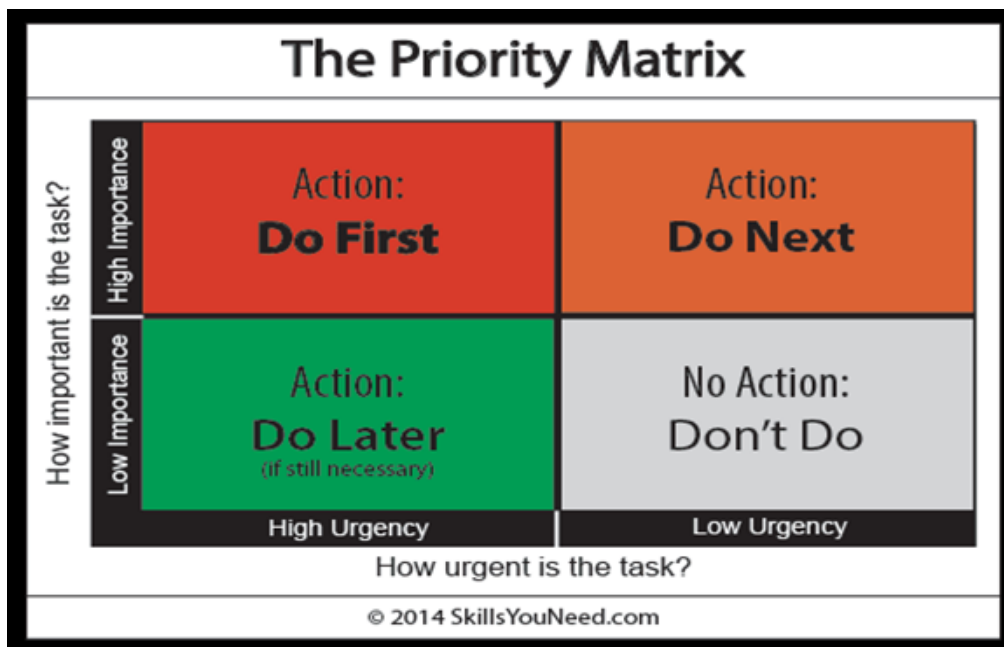
Top Tips

Students:

- Use your planner to record key information such as meetings, rehearsals, reading, instrument practice, notes etc
- Planning significant pieces of homework and class learning before starting them
- Making lists of tasks which need to be done and completing them in a targeted order.
- Using a revision timetable to ensure that you meet or exceed your targets

Parents:

- Continue to check your son/daughter's planner every week to ensure tasks they set themselves are completed.
- Explain your methods of planning and prioritising to your son/daughter
- Encourage your son/daughter to plan an event at home, at school or in the local community.
- Plan a day out with your child, sharing the tasks of planning the route, organising lunch, agreeing activities.



BEAT THE WEAPONS OF MASS DISTRACTION!

Get in the zone
Create a study space free from distracting noise and technology.

Break it down
Break down tasks into manageable units with time deadlines for each.

Treat yourself
Reward yourself for completing small tasks.

Chill out
Make sure you schedule yourself regular short breaks.

Get together
Start a study group or find a study buddy to help keep you on track.

ZOMBIES ARE BRAINLESS

Save your brain and get a good night's sleep

Go to bed and wake up at the same time every day.

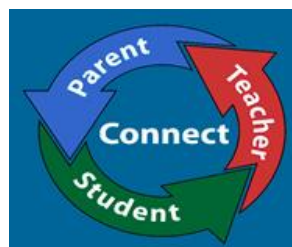
Limit coffee, cola, energy drink use to before 12pm.

Switch off social media, TV and gadgets at least 90 minutes before bed.

Dim the lights at least half an hour before you go to bed.

Exercise in the afternoon.

Relax before bed - have a bath or read a book.



Remember
What is **rewarded** is **repeated**

To check whether your child has received BEST points you can use SIMS Parent <https://www.sims-parent.co.uk> or download the SIMS Parent App for your smartphone. Invites to SIMS parent have already been sent to all parents, if you haven't received one or need further help please email itsupport@barkingabbey.school.