

Year 11

September 2019



firefly



Ask your son/daughter about Firefly and get them to show you everything available online...

JACK HUNT SCHOOL PARENTS NEWSLETTER

Learning & Teaching



Helping your child: good preparation starts here

Be in it to win it!

Revision for GCSEs only works if students have learnt things the first time round. Therefore, it is really important that students in Year 11 do not miss any lessons at all.

Encourage your son or daughter to be organised and keep all their notes in a clearly labelled folder, with a section for each subject. This will help no end when they need to quickly find information to revise from.

Exploit the long-term

To get information into your child's long-term memory, suggest that they cover a key detail one day, repeat it 24 hours later, then at the end of a week, then again after a month.

What can you do?

Find out which teachers are taking each subject this year and build up a relationship with them by attending Parents' Evening in December. Contact them or your child's personal tutor if you are worried.

Talk to your child about expectations for when homework will be done and for how long and make sure that they have a quiet place to work with all the equipment they might need. Have some spares around so that a lost

pen does not become an excuse not to start work.

Remember, have music on is fine when working as long as there aren't lyrics to distract the brain.

Lots of our students like to work with friends, some even going so far as to Facetime one another whilst they work together. Honestly. So, be the parent who provides a quiet space where your child and their friends can work together without distractions. Offer a pizza or something as an added incentive.

If you have younger children or other distractions in the family, agree times when you will empty the house give your child space to get on with their work. Then, show interest in what they have achieved whilst you and the rest of the family were out of the way - and remember that they need trips out and treats as well.

When you know that your child is struggling through revision or work for school, ensure that the cupboards are well stocked with their favourite snacks for all important work breaks and ensure that everyone takes a break, relaxes and eats a healthy meal together each evening.

How to deal with excuses

We've all heard them before; *my homework's on the school computer*, *my friend's got the book I need*, *Mr. X never gives us homework...* so how do you respond?

- Try to keep track of the excuses and follow up on them without fail.
- Agree or suggest a solution; eg. they will bring the work to show you tomorrow.
- Remember that the aim is to get the work done, not win a battle. Let your son/daughter save face if it gets the work done. Offer an incentive if necessary.
- Tell your child that you will contact us if you need some back-up and then get in touch with your child's Personal Tutor or SSO so that we can reinforce what you are doing at home.

Above all, remember that you are not alone and thousands of parents are in the same boat this year. Not long now!



Did you know?

Parental support is **eight times more important in determining a child's academic success than social class.**

How can you help?

Cheerleader, provider, study buddy, project manager, go-between, banker, entertainer & constant supporter...

• Year 11 Parents' Evening: Thursday 12 December

Make sure that you make appointments to discuss in detail how your child is getting on in each of their subject areas and what they should focus on next.

When the going gets tough...



Maintaining motivation and encouraging your child to be persistent throughout the year is often the biggest challenge that you will face as a parent. Be aware that **all** students will fall behind, feel demotivated or overwhelmed and will struggle at some point this year. When your child feels like this, berating or threatening them will only have a negative effect. Instead, talk to them about the issues and acknowledge their feelings. Talk to us to get our support in reorganising deadlines or securing some extra support for your child.

Flexible friends

Getting the balance right between work and a social life is essential, so be flexible. If something special comes up, agree that your son/daughter can make the time up later. Try to make sure that physical exercise is in their routine as well, it will make a big difference.

Use the 80/20 rule if you're not sure. If your child is sticking to what they should be doing 80% of the time, they'll be absolutely fine.

Carrots not sticks

Consider using a reward structure to motivate your son/daughter. This isn't bribery, just a reward. Talk to your child about what they would appreciate - a night out, being let off the washing-up, a trip to the cinema. Don't forget that little and often is actually more motivating than offering one big reward when the results come in.

When it all goes pear-shaped

Teenagers are often prone to 'all or nothing' responses to situations, so don't be shocked when your child announces that they want to drop a subject or just give up. This is simply because teenagers' emotions are so strong and they aren't adults who are able to cope just yet.

Now is the moment to listen, acknowledge how they are feeling and then help them come up with practical survival strategies. For teenagers, problems often seem permanent, global and impossible to solve. Help them see a way through and get things in perspective.

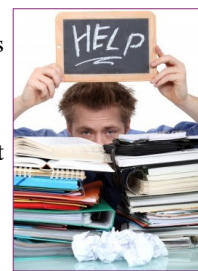
Try to make the problem:

- **specific** rather than global ('What precisely are you finding difficult/don't like about that teacher?')

- **temporary** ('How long have you been feeling this way about this subject/teacher?')

- **solvable** ('What would you like to happen? What would make it bearable?')

Then, contact us and we will do our best to support you!



An Exam Survival Guide

The Mock/PPE Exams matter more than ever this year as a 'rehearsal' opportunity and chance for us to diagnose specifically what support your child needs in each subject area over the coming months. It is, therefore, essential that students take each exam seriously and prepare for it as well as they possible can. This is a time to make mistakes, but also a massive confidence boost when exams go well.

Effort brings Success - Grow your Child's Brain!

Remind your child that the more effort they put in, the better grade they will get out. Intelligence is not fixed, it can be stretched through revision, talking through ideas, teaching someone else what you know and putting some solid work in. So, try the following to help them out:

- ✓ Offer to learn something alongside your child and then teach one another what you have covered.
- ✓ Sit down with your child and ask them to summarise what they have just covered. In school we often use a post-it note or something to help them keep it short and sweet.
- ✓ Encourage your child to invite friends over to revise together. Offer them a safe, quiet place to work with some refreshments and then gently keep them on task.
- ✓ Be the parent who has a pile of coloured paper, flash cards and felt tips so that your child can make a range of different notes, always summarising and improving their understanding of the key facts needed for each exam.
- ✓ Look at the mark schemes yourself so that you can question your child on their answers and ensure that they are keeping how they get the marks in mind at all times. If

you know what syllabus your child is preparing for (ask us if you are not sure), there is useful information available on exam board websites from mark schemes to past papers and reports by the examiners.

- ✓ Be the one to notice if your child is feeling stressed and needs a break. Build in some 'treats' for the weeks leading up to the exam. Many students will welcome a trip out to see a film or just a night lazing in front of the TV.
- ✓ Students need to eat well this year, so try to ensure that there is a good dinner available every evening and lots of healthy snacks lying around for study breaks. Dinner can be something to look forward to, so involve your child in selecting the menu for key times of this year.
- ✓ If your child is working, avoid hovering and try to keep other family members quiet and out of their way.
- ✓ Finally, talk to your child and remind them about how much you love them and are there for them, whatever happens.

Concerns?

Talk to your child's Personal Tutor or Head of House in the first instance if you are worried.

