



Fosse News

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Parents want to know how you can help

Dear Parents and Carers,

Thank-you to everyone who came to parents' evening last week. We hope you found it useful to talk to your child's teacher – thank-you also for those parents that couldn't make it last week who have arranged to see teachers since then. We know how busy many of you are and are always happy to see you when you are free if at all possible.

There was one question that seemed to be asked most often – “How can we help?” We know every parent wants the best for their child/ren and there are lots of straightforward ways but I'd also like to share some things that are less obvious. I was at a Headteachers' conference last Friday where **research was shared about some slightly different ways parents can support children that make a huge difference.** You may be aware of some of these things already but it never hurts to be reminded. I hope you find this useful.

Best Wishes
Richard Stone
Headteacher

😊 Be Positive – catch them being good 😊

To become effective learners children need to view themselves in a positive way, to have high self-esteem. **Children (and adults!) should receive an absolute minimum of three positive comments to one criticism.** Praising your child when they are helpful or are doing what they've been asked to do makes a real difference to your child. **Praising effort is particularly helpful** because successful people achieve success through practice and hard work not, as some people seem to think, because they are born talented. Many 'talented' people fail to succeed because they didn't work hard enough. No-one gets better without support so please be as positive with your child as you can possibly be.

😊😊 Turn off the tv and eat together 😊😊

Turning the television off and, if possible, sitting round a table to eat encourages conversation. Research shows that talking to your child, whatever you are doing, helps them to become better learners; families that share mealtimes together have better relationships and are more successful. Obviously, sometimes this can be difficult as many of us lead really busy lives but it can be done - for myself I sit down with my wife and son for breakfast every day. I can tell you from experience that it has a positive impact.

😊😊😊 Have high expectations 😊😊😊

Intelligence is not fixed – we are all capable of learning more. As a whole school we are working on 'GRIT' this year, encouraging children to keep going, even when they are stuck. **Believing that your child can do better will encourage them to achieve more.** There is a useful saying that I find helpful – 'If you say you can or say you can't, you're right.' We all want better for our children – believing in them is incredibly important – it makes a real difference.

😊😊😊 Practical support 😊😊😊

Read with your child as often as you possibly can. Listen to them read, ask questions about what they are reading and read to them; sharing a book at bedtime is a perfect way to end their day. Support your child learning basic maths facts and, as they get older, their times tables. Having good basic maths skills makes all maths so much easier. **Ask them about their day, every day and one day, without being asked, they'll ask you about your day; giving time and attention makes everyone's life better.** Thank-you for reading.