

## Top tips for a smooth start to year 7 for parents

### 1. Agree and establish a routine

Agreeing with your child a plan of action for before and after school , then putting this somewhere visible will help remove some of the stress and anxiety at the beginning of the year as well as helping keeping things on track as the year progresses .

Things to consider including – packing the bag the night before , allotted homework (aim to complete on the day it is set) / mobile phone /computer time , Wake up alarms and bed time

### 2. Set up an area for school work

Where possible try and have a clear and designated area for your child to complete their homework. (they will need to be access show my homework website/app) We would advise having a copy ( or two ) of their timetable here as well as any equipment they need and school books (keeping them all in the same place/ box really helps them with organisation too)

### 3. Lunch

Many of the students get excited about using the canteen and being able to have a freer choice of foods on offer then previously. We would advise agreeing a daily/weekly limit for spending on food. You can also monitor what is being bought via parent pay.

### 4. Mobile phones\*

Mobile phones are one of the biggest areas of concern we find with students in secondary school. Whilst they are extremely beneficial in many ways they can also be a tool for upset and problems, whether it be what they are accessing or the issues that occur between friend and groups.

We would encourage you to regularly check the phone your child is using and the messages / apps they are using and receiving , and knowing passwords to access these.

In what app or messaging groups we suggest only small groups ( no more then 5-6)

We would also advise agreed time limits, especially at night time ( ideally no phone se 1 hr before bed to ensure a good night's sleep)

### 5. Keep in contact

One of the biggest changes for many parents who have their first child joining in secondary school is not being at the school gate as many have at primary or the lessened daily contact had with the teacher. You do still play such a vital role in your child's schooling, it just comes in a new form, that provides them more independence then perhaps previously experienced.

We ask you to continue to communicate with us and let us know what is going on at home or if you are worried about your child. The best way to do this is via email.

We would encourage to download the MY CHILD AT SCHOOL APP (more information will come out on this) to help you see how your child is doing in lessons.

\*At St Joan of Arc mobile phone policy. Mobile phones should be switched off (not on 'silent' or 'vibrate') and kept out of sight during the whole of the school day, unless used in an educational context with permission from a member of staff.