

January 2020

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Antiquite

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the Challenger

Cranleigh & surrounding areas

New Year's Resolutions... a new year, a new start?

SCHOOL aged children have two chances to form new habits and routines – one in September at the beginning of the academic year and another in January when they may hear talk of new year's resolutions.



January is a great time for families to have a pause and reflect on any daily routines which could do with a little bit of tweaking. Certainly, in school this is an important time to reinforce routines and expectations that may have slipped at the end of the long autumn term and gone slightly haywire given nativities, Christmas celebrations etc.

Perhaps it would be helpful for your child to have a clear out and be encouraged to sort items for the local charity shop having had new things over Christmas? This provides an opportunity to talk about the importance of thinking of others and of re-using and recycling. Has daily reading slipped a bit due to a busy household over the Christmas period? Perhaps this is a good time to reinstate daily reading before bed.

Parents can grab the chance to make use of a new start in the new year to encourage progress in an area which matters to them as a family. My advice is to be positive rather than negative i.e 'I will' rather than 'I won't' and to encourage children to make the resolution themselves in order that they can feel a sense of having set a goal and therefore a sense of achievement if they are able to stick to it.

For example, rather than 'less screen time,' how about 'I will read and share a book with mum/dad for 30 minutes before bed.'

Other ideas might include:



To become more eco-friendly – I am going to turn off the tap when I clean my teeth or I am going to help sort the recycling for an elderly neighbour

To spend more quality family time – I am going to play



a game with my family when I get home from school on a Friday or I am going to have a hot chocolate date with mum/dad once a week or I am going to call Grandma each Sunday afternoon

To build confidence – I am going to talk to one person at school that I don't know so well each week

To be more active – I am going to help clean the bathroom or walk the dog/ join a football club

To be more helpful at home – I am going to set the dinner table every day or I am going to take the laundry upstairs

Such small steps can help with daily family routines and help children with decision making and building their independence. Choosing a task or setting a goal and seeing it through is super learning for primary aged pupils. It is also a really helpful way to set the reset button after the busy festive period which can be both exciting and exhausting!

Naomi Bartholomew, Headmistress at St Catherine's Preparatory School in Bramley.

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Open Mornings

Friday 7th February 2020

Thursday 12th March 2020

Wednesday 29th April 2020

Taster Afternoon

Reception to Year 3

Friday 28th February 2020



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