



THE ST LEONARDS ACADEMY

Top tips to support your child

- Reassure your child that their worries about transition are normal and that things **will** get easier.
- Ensure that your child knows who to contact or where to go if there is a problem.
- Encourage your child to be organised, by letting them pack the items they need the night before. Help them to create a daily checklist for items they need for school.
- Encourage your child to set an alarm to wake them up in the morning.
- Provide your child with a watch if they do not have one.
- Keep a copy of your child's timetable to ensure that you know what they are doing each day and record the email address of their tutor. Encourage them to have a copy of their timetable on their phone if they have one.
- Let us know if something happens that may affect their day at school.
- Provide a quiet area for homework, and agree upon a routine for completing it – Look out for after school homework support sessions.
- Where possible, have a set of equipment at home to use for completing homework rather than taking equipment out of their bag.
- Name and label **everything!**
- Ensure your child is “device-free” at least one hour before they go to sleep to enable them to have a calm end to their day.
- Ensure they have a reasonable bed time – an average eleven year-old requires approximately 9 ½ hours' sleep