



Kings Langley Secondary



Bedmond Primary



Bovingdon Primary Academy



Kings Langley Primary



Nash Mills Church of England Primary



Sarratt Church of England Primary



St Pauls Chipperfield Church of England Primary

Kings Langley Partnership of Schools

Working Together to Prepare our Children for the Challenges of Tomorrow

Top Tips for Getting a Good School Routine A Guide for Parents



Starting secondary school is a significant milestone in a child's life. It marks a passage into adolescence and brings about several significant changes. They will go from being the oldest in school to being the youngest, having to find their way around a large new school with different teachers for different subjects. They will also have to take more responsibility.

- Taking a new and unfamiliar route
- Planning for each day's timetable
- Making sure they have the right books and equipment
- Doing homework most evenings, which has to fit into their routine alongside other interests
- Being responsible for communicating with friends and teachers and not having parents around to speak for them all the time

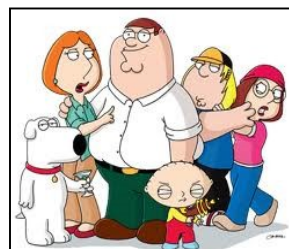
All of this will have to fit into your child's new routine, alongside their other interests and the often daunting prospect of becoming a teenager. It can take time for children to adjust to these new responsibilities.

Communication is Key

Communication is important at this stage and many parents will find that communicating with their Teen is a struggle. Give your teen space to talk but don't always demand to know what they have done and when. Teens often find it hard to put their feelings into words, but knowing parents are listening can be enough.

Help your Child get the Best out of School Life

- Give encouragement and show appreciation of your child's achievements—this will boost their confidence and self esteem
- Be realistic and avoid putting your child under pressure by having over-high expectations
- Encourage them to get involved in after school clubs or other school activities



Top Tips for Getting a Good School Routine

Once at Secondary School



- Encourage your child to get organised for school the evening before. This can save them (and you!) a lot of undue stress in the morning. Remind them to check their timetable for the following day, pack their bag and lay out their uniform if necessary.
- Try and resist the temptation to do everything. Your child needs to learn to manage their time efficiently and they won't do it if you get everything ready for them.
- Your child will probably have several homework tasks to complete each night and many schools have a homework timetable. Make sure you have a copy of your child's timetable and ensure you read and sign their diary regularly so you can keep up with any notes from teachers.
- Have a calendar on display at home clearly marked with different equipment needed for different days (sports kit, music, projects etc.)
- If your child is getting to school on public transport for the first time, find out if any friends live nearby so they can travel together.
- Friendships are always a concern for parent and child. Encourage your child to be confident in making new friends and support them by keeping an interest. Where you can, encourage the opportunity for you all to meet new friends and keep involved.
- Use every opportunity to keep in contact with the school - this may be more difficult now that classes are bigger and your child has many different subject teachers. Be sure to check the school's web site regularly, and other communication tools they may use, for information updates and news.

Supporting your Teenager



- Listening and talking openly to your teenager about the risks and challenges they will come up against can help encourage their confidence and resilience when facing difficult challenges.
- Let them know that you understand the pressures teenagers face can be difficult and give them practical ways to help them stay safe so they don't have to learn through their mistakes.
- Help them say 'no' to pressure. Help them see that they can have a mind of their own.
- Be clear about what is and isn't allowed in your house. Help them understand what your worries are too.
- Sometimes the best way to help your teenager is to get help and support yourself. Don't be afraid to ask for it.