

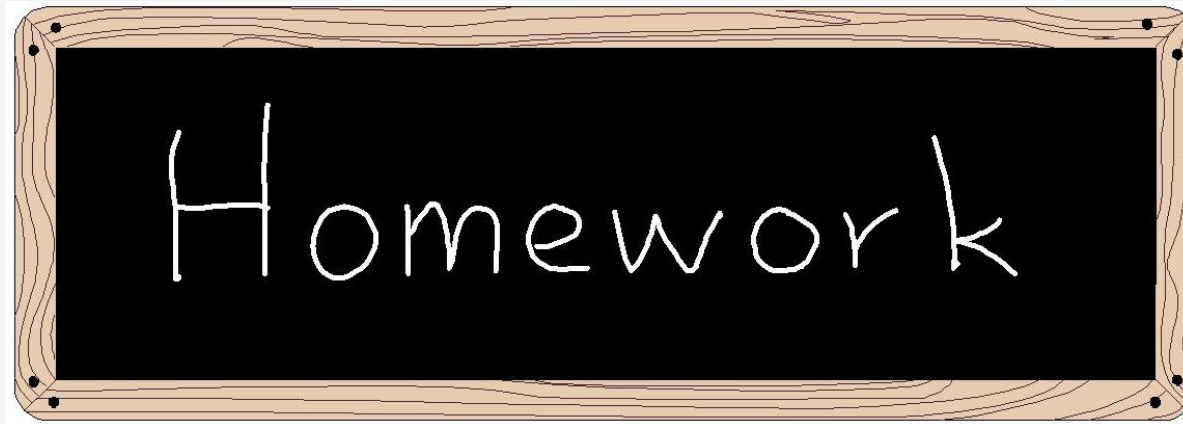


***Heron Hall PTA  
Coffee Morning  
28<sup>th</sup> February 2024***



## **Why do we do Homework?**

- 1. Better knowledge retention – better GCSE results and A level results**
- 2. Independent skills – better for the world of work, college, university**
  - 1. Time Management**
  - 2. Organisation skills**
  - 3. Self-discipline**
- 3. Preparation for success in exams and assessments**
- 4. Development of critical thinking and problem-solving skills**
- 5. Enrichment – giving a fuller understanding of topics and where they connect to the world around us.**



However, when we look at the research that focuses on the link between homework and academic achievement, we see that homework does in fact have a positive impact on students' **grades**.

**Sharp (2002) states there is a direct link between students spending time on homework and their achievement in secondary school.**

**Cooper similarly found that students who completed homework had better report cards and test results than those who didn't (1989 cited by Epstein & Van Voorhis 2001).**

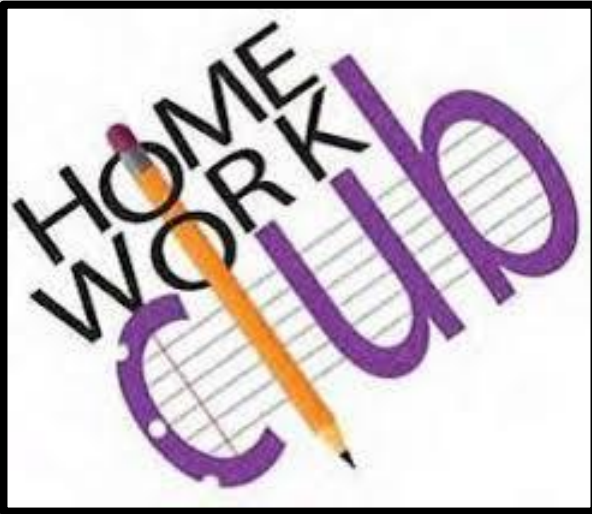
**In a report conducted by the EEF, they also found that the completion of homework at secondary level can add on an additional 5 months progress onto a child's learning with minimal cost incurred by the school (EEF, 2016).**

# *What, Where and When?*



Year 7, 8 and 9	1 piece per week
Year 10, 11	1 piece per week 1 targeted revision
Year 12	1 piece per week 1 targeted revision 1 further reading / activity

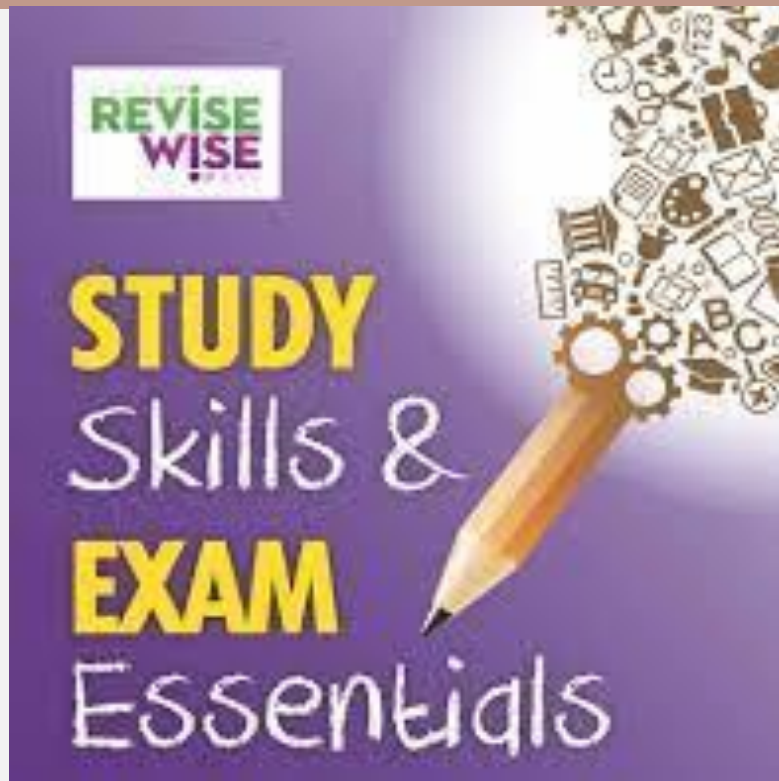
**Starting 19<sup>th</sup> February 2024 – After half term, all homework is recorded on Satchel One.**



# Support in the library from

3:30pm to 4:30pm

MONDAY	WEDNESDAY	FRIDAY
Years 7, 8 and 9	All year groups	Years 10,11 and 12
Madam Blackwell	Madam Pieri	Madam Pieri
TA support	TA support	TA support



# Study Skills/Revision

## Schedule time and be patient

- To help your teen keep revision times regular - you can get the whole family involved - talk about family routines like meal times and chores and decide how you can make these work best around revision timetables.
- Get siblings to help out with jobs around the house, so your teen can focus on revising and not on putting away the dishes.

# Create a positive learning environment

- Help them to set up a nice place to study - with enough light and air, and peace and quiet. This Parents' Toolkit article on [how to transform a smaller space for study or work](#) may help.
- Be available so you can give them words of encouragement or be on hand to deliver snacks or drinks. Try to have positive interactions - as tempting as it is to nag them to revise - be a cheerleader.





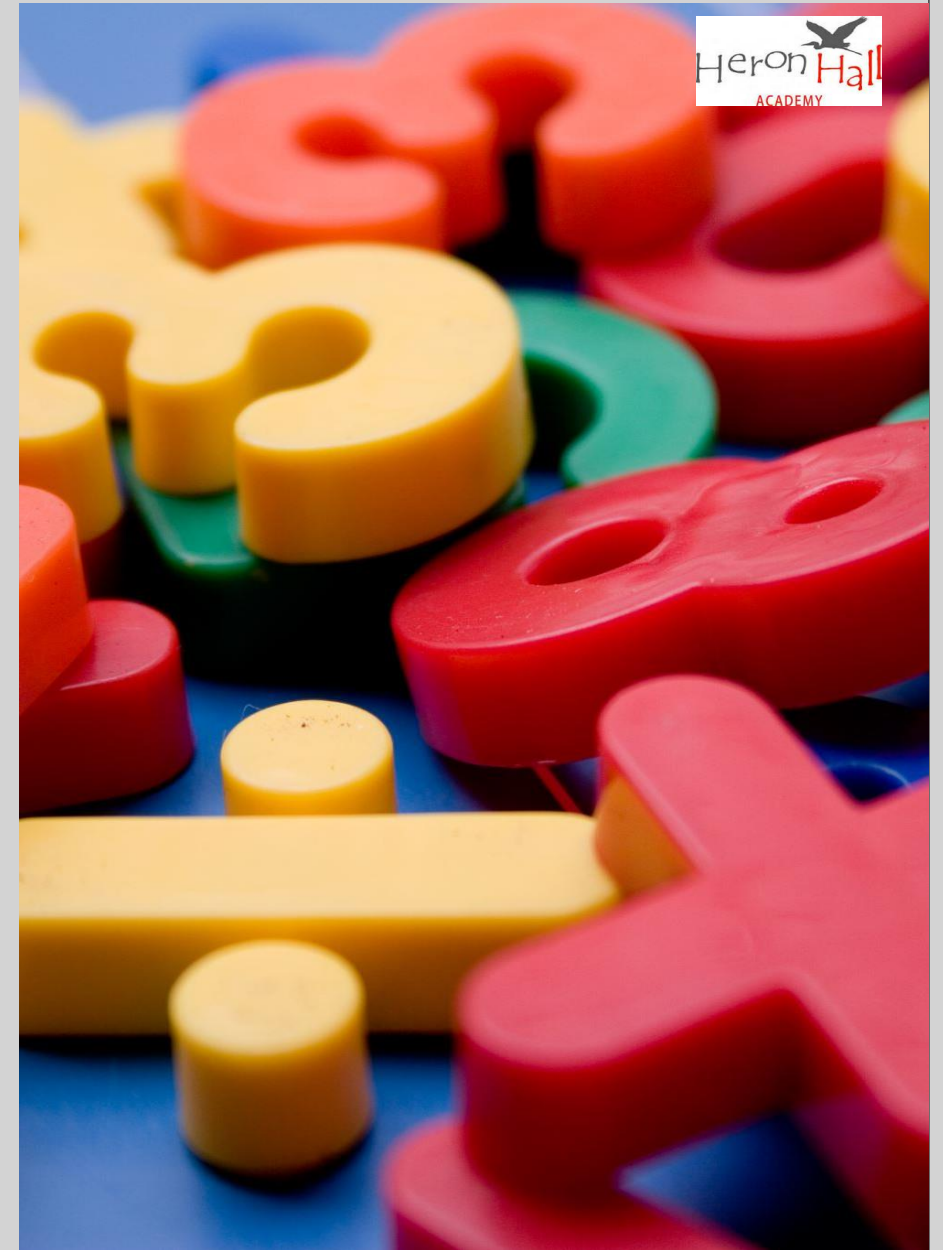
# Make time for fun

- It's important to relax, keep a clear head and have a laugh between revision sessions. Make sure your child is taking breaks and getting some fresh air, catching up with friends or a having a family meal.
- It'll give them chance to reset and will improve their focus when they get back to revision.



# Shift their perspective

- To develop a growth mindset, it's important to help your children shift their perspective.
- Instead of seeing mistakes as a reflection of self-worth or as a sign that they can't do something, help them see that it's an opportunity to grow and learn. Understanding how the brain works can help children to shift perspective. Explain to them that their brain is like a muscle. When something feels hard, like solving a maths problem, or learning a new gymnastics routine, they are giving their brain the exercise it needs to grow and learn.



# Reframe questions



- Another way to build resilience and tap into a growth mindset is to reframe the questions we use - especially when things feel hard. If your children say things like “Why me?” or “Why can’t I do this?” this keeps them stuck in a closed mindset. Help them to ask open questions, or what we can refer to as ‘power questions.
- Power questions such as, “What can I do differently next time?” or “What have I learned from this mistake?” will help them to shift their perspective.

# Fuel for learning

- Children learn better if they have breakfast because our brains need fuel for learning. Healthy fats are important for a healthy brain. Foods with healthy fats include eggs, nuts, seeds, avocados, olive oil and oily fish like salmon and sardines. Another way to help with concentration is to give our brains consistent energy by eating slow carbs like oats or wholegrain cereal, rather than sugary cereals or white toast for breakfast. Protein can help keep moods in balance.
- At breakfast, you can encourage your children to eat yogurt and fruit, eggs, peanut butter sandwiches or baked beans on toast. At lunch, a wholemeal sandwich with tuna or hummus is also a great way to add protein to their diets.



# Practise and Repetition



If you have the time and it's something they'd find helpful, give them the chance to recite, repeat and practise what they've learnt with you. Even if you don't know the answers, the opportunity to say out loud what's in their mind can help clarify whether they have grasped the concepts or whether they are still hazy.



Other ways you might be able to help is using quizzes, mind maps, white boards, multiple choice or sound bites to see what they've learned.

## Host a revision day

- Revising together can also help, so encourage them to revise with friends if it's something they enjoy.
- This gives them a chance to test one another, swap revision notes and revise in different atmospheres.

## Timed exams / questions

- Closer to the exams your child will benefit from completing a number of past exam questions. Help them prepare by creating an environment that resembles the conditions they are likely to experience in the exam hall - minimise external sounds, setup a clear desk and if you can, locate a single clock to encourage your child to time manage under test conditions.

## Act as the student

- **Another effective revision technique is to encourage your child to speak through their subject knowledge. By taking on the role of the student, ask your child to explain a topic from one of their subjects. Listen carefully and don't be afraid to ask them a question if you do not fully understand what they are saying.**
- **Studies have shown that one of the best ways to revise is by teaching others.**



## Mind-maps / brain dumps

- At the start of a revision session get your teen to write down everything they can think of related to that subject topic without looking at their text book or notes. This does not need to be neat and tidy, and can be in note-form as opposed to full sentences.
- Even if they can't remember much at all, going through the process of a brain dump will help prime their brain for learning.

A small, vibrant green seedling with several leaves is growing out of a crack in a dark asphalt surface. The background is a blurred, light-colored sky with a warm, golden glow, suggesting a sunrise or sunset. The overall scene conveys a sense of resilience and growth.

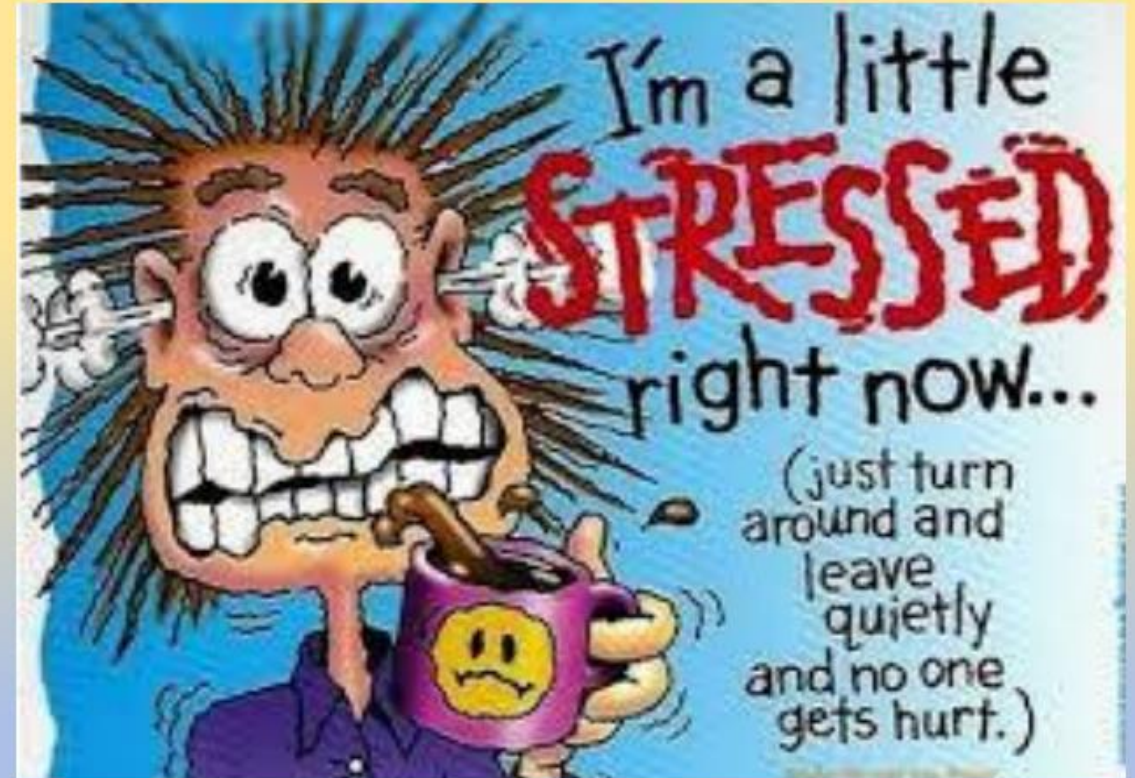
***THE PARENTS SURVIVAL GUIDE***

By now you have probably realised your child falls into one of three main categories

# The worker.

Characteristics:

- tells you off for breathing too loudly and disrupting their revision
- stresses about every minute detail of their work in pursuit of perfection
- takes on board feedback and uses it to further improve their work
- has redecorated their room with post-it stickers and mind maps



# The relaxed student:

Characteristics:

- sees the x-box or play-station as an educational tool
- lives by the “why do today what you can put off until the deadline?” motto
- doesn't need to revise because they know it all, or don't need it for what they want to do



#200660518

# The best of both student

Characteristics:

-completes all homework and classwork diligently

-plans their study time well

-takes time to relax with family and friends



# Their future.....

- You will probably find your child fits into one of the first two categories, rather than the last!
- All students are individuals with different ambitions, some may not even know what they are yet.

The key point is no matter whether they have academic, sporting or social ambitions, they need to remember that leaving school showing they tried their best will be a great start. They also need to remember it is a competitive world out there!

# How can you help your child and prepare them to perform?



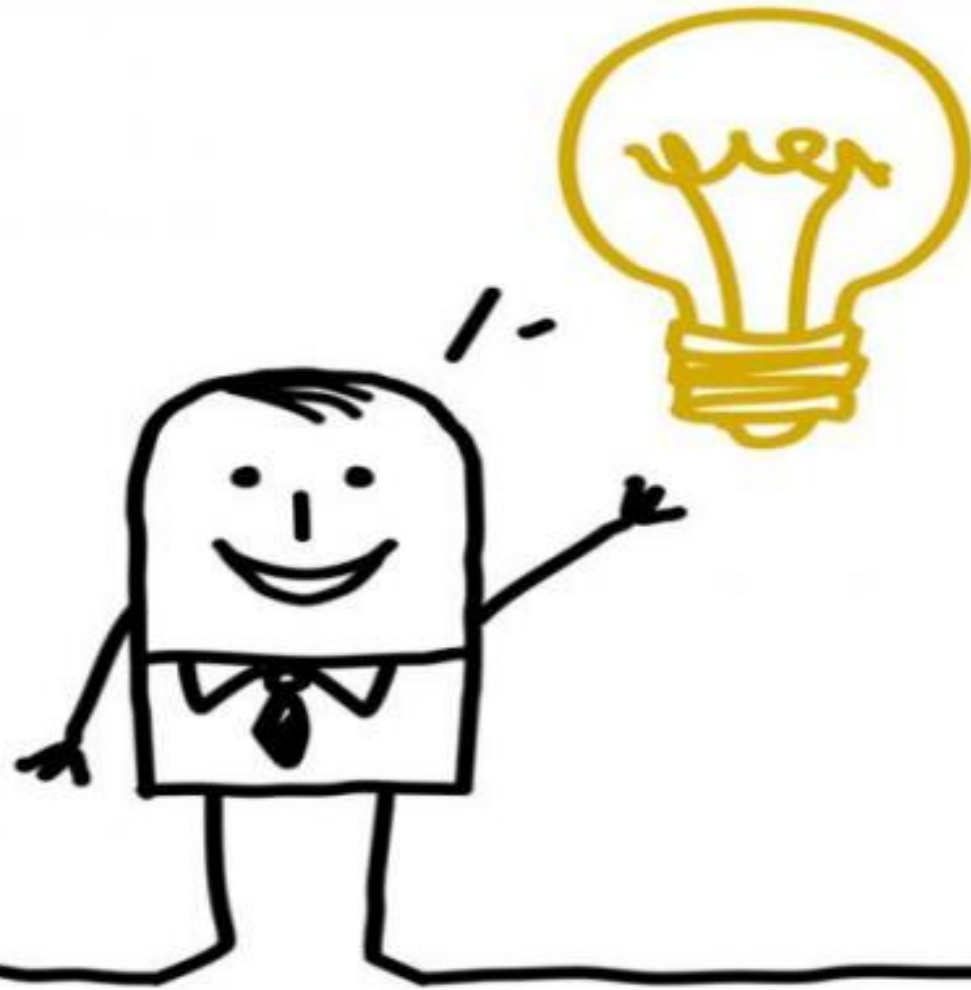
1. Being a role model
2. Help them set goals
3. Keep them active
4. Healthy eating
5. Time out
6. Sleep patterns
7. Unplugging
8. Staying cool & calm
9. Belief
10. Be supportive

Each day you can support your child to make choices which can impact how they perform during the exam period





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ACADEMY



**Top 10 tips to support your child  
through their exams**

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# 1. Being a role model

**Set a good example by modelling the behaviour you want your child to adopt...**

- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits



**BE THE  
ROLE MODEL  
YOU NEEDED  
WHEN YOU  
WERE YOUNGER**

## 2. Goal Setting

- Help focus them and talk to them about their goals regularly
- Be positive
- Connect with them about ‘why’ and ‘what’ they want to achieve



## 3. Keeping Active

- Encourage them to keep active
- Plan to do active things together on a weekend
- Go out for a walk together and get some fresh air
- Help them plan out their weekly exercise schedule in advance
- After exercise your brain functions well, so encourage a revision session afterwards



## 4. Healthy Eating

- Avoid high sugary and fatty foods or drinks
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them

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# 4. Healthy Eating

## A BALANCING ACT

Keep your sugar levels under control.

Carbohydrates Macro Cheat Sheet

<b>Carbohydrates</b>		<b>Proteins</b>		
Breads Rice Couscous Cereals Bran Potatoes Pasta Oats Cream of Wheat Corn English Muffins Pancakes Whole Wheat/ Whole Grains Vegetables Squash Pumpkin Berries Fruits Sugars	Beans Sprouted Grains Quinoa Most Yogurts Skim Milk Peas	Chicken Turkey Egg Whites Fish Buffalo Bison Whey Protein Turkey Bacon Lean Beef Low/Non-fat cottage cheese Low/Non-fat greek yogurt	Eggs Salmon Bacon Chia Seeds Cottage Cheese Whole Fat Milk Duck Whole-Fat Yogurt	Acocado Nut Butters Egg Yolks Nuts Oils Olives Flaxseed
			<b>Fats</b>	

Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams



## MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

Green vegetables  
Nuts  
Pulses  
Fish  
Bananas

## UP THE B'S & OMEGA 3'S

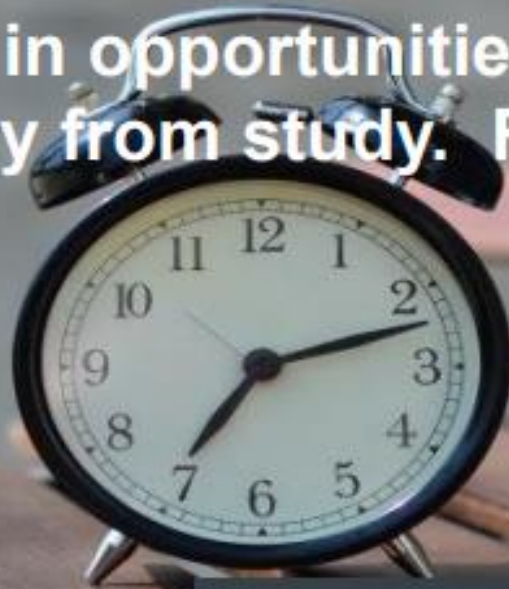
B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

**Green vegetables**  
Asparagus / Spinach  
Broccoli  
Yoghurt  
Chicken / Salmon  
Whole Grains / Brown rice  
Almonds / Pecans  
Eggs

## 5. Time Out

Encourage them to build in opportunities to take some time out every week, away from study. For example:

- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema



**TAKING TIME OUT**

IS AS IMPORTANT AS PUTTING TIME IN





## 6. Sleep Patterns

- Young people need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure they don't eat too late at night
- Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media / technology at least an hour before bedtime



## 7. Unplugging

- ✓ Encourage them to unplug from technology everyday
- ✓ Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them rather than being governed by their phone
- ✓ Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- ✓ Help them learn to have the control to not be obsessed with their phone
- ✓ Choose some time each day/week to switch off and unplug from technology with them



## 8. Staying Cool & Calm

- Set a good example by staying calm yourself
- Create a relaxing environment for your child
- Help them plan out coping strategies to deal with their stress
- Give them positive distractions away from studying
- Help them understand their stress & to focus on controlling the controllables
- Promote a balance of their academic studies & other activities during the week

## 9. Belief

- Give them positive reinforcement
- Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- Try not to set your expectations too high
- Show them how proud of them you are
- Highlight things to make them feel good
- Give them the belief in themselves to help them achieve



**BELIEVE  
YOU CAN  
& YOU'RE  
HALFWAY  
THERE.**

## 10. Be Supportive



DREAM  
BELIEVE  
ACHIEVE

- Be a good listener
- Be approachable
- Encourage them to take breaks in between revision
- Show some understanding of what they are going through
- Help them deal with their emotions & feelings
- Offer caring advice
- Just be there for them!

# FINAL THOUGHT

Whilst exam season will always be a stressful time for students and parents alike, hopefully some stress can be alleviated through the strategies explained above, and exam season will become a little more bearable for all involved.

Good luck to all parents and students!



***COMMUNITY  
OUTREACH***

children communication committee  
fundraising  
pupils PTA school  
staff parents  
rewarding events organisation ideas  
teachers

## *PTA EVENTS*





***AOB***



***THANK YOU FOR ATTENDING  
OUR PTA MEETING***