

Helpful Routines at Home

We are always impressed with the support that our young people receive at home. There are some actions that we know really help:

- **READING!** If we were to pick one thing that has a HUGE impact it would certainly be encouraging reading. Young people who read regularly are better equipped to understand new content in class and also the questions in assessments.
- Building positive routines can reduce stress for your people. Encouraging your young person to look at their timetable and pack their bag each evening ready for the next day is helpful.
- Creating a regular time at home for Google Classroom to be checked and home learning completed well in advance of the deadline means that people who find tasks difficult can see their teacher for support ahead of the deadline.
- Making a great learning space at home. This doesn't have to be a huge area with lots of resources, just simply creating a quiet space where young people can be away from any distractions (phones and music).
- Developing healthy habits from eating a good breakfast before school to promoting time away from screens where young people can go for a walk.
- Asking your young person to tell you about the topics they are studying. You can get an overview of what is taught in each subject in our 'learning journeys' online here:
<https://www.phs.cheshire.sch.uk/curriculum>
- Promote healthy sleep habits, restrict access to devices before going to bed, have a positive night-time routine. Find out more using this clip from our Success Fair:
<https://www.phs.cheshire.sch.uk/page/?title=Sleep&pid=1469>
- Educate your young person on the negative impact that energy drinks can have. Encourage them to avoid these. Research shows that students who drink high energy drinks late at night often over-think about the next day interrupting their sleep.
- Positive framing – frame your conversations around school positively. We are an effective team supporting your child.

