

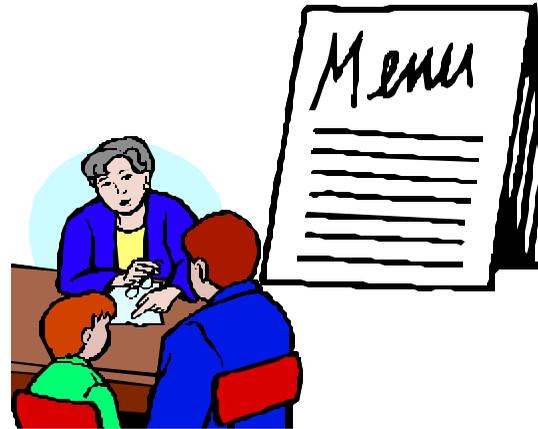
HELPFUL HINTS

1. Examine your child's notebooks. You do not need to understand everything, just show interest, and ask questions to encourage the interest.
2. Check occasionally to ensure your child is studying. Be available to answer questions or listen to ideas.
3. Check homework notebook for work set and see that it has been done. If no work has been set over a long period, contact the school.
4. Encourage neatness in presentation and appearance of work.
5. Check textbooks to see they are well kept- remember they can be sold to help buy next year's books.
6. Praise your child for good comments written by the teacher, for good and neat work or improvements in performance.

Say: 'Well done!' 'Good work!' 'I like how you did this.' 'I am pleased with your improvement.' 'I am proud of you.' Give your child a hug, a pat on the back, thumbs up. Reward the effort.

7. Encourage your child to do better where correction has been made by teacher. Take a positive approach.
8. Monitor time spent by your child on the computer. Encourage use of computer as an educational tool. Be concerned if child uses the computer as the only means of entertainment and making friends. Be aware of what your child is involved in on the internet – games, chat rooms, etc.

FABULOUS FAMILY FEAST



Appetizer

Talk with your children and listen to them. Make the conversations into **Rap sessions** – not criticisms.

Main Course

Find out what is going on **in** school. Ask about different subjects to stimulate discussion. Find out what is going on **out** of school. Encourage them to talk about their friends.

Dessert

Ask their opinions and listen. Children often have a fresh approach to life and problems. You may not always agree, but encourage them to speak openly and listen thoughtfully.

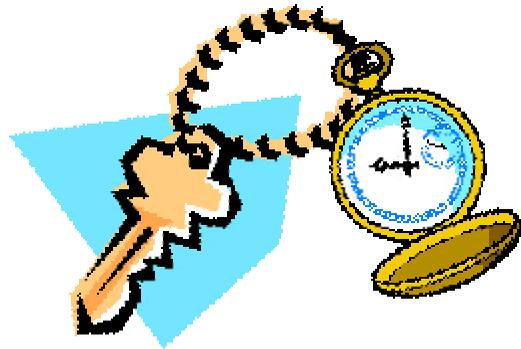
MAKE EDUCATION A FAMILY MATTER

Guidelines For Parents of Secondary
School Students
FORMS 1-5

A Project of
Soroptimist International
of San Fernando



**THE KEY TO SUCCESS -
PLAN YOUR TIME EFFECTIVELY**



1. Studies

Make a definite **TIMETABLE** to suit your child.
Follow it strictly.

2. Recreation

Making time for play, hobbies and relaxation is very important; eg. football, cricket, tennis, basketball, netball, swimming, walking, dancing, bicycling, reading, watching TV, playing an instrument, choir, crafts, video games and using the internet.

Become involved with some of these with your child and set an example by planning some free time for your own relaxation.

3. Chores

It is important for both boys and girls to do chores in the home, in the yard, or in the family business. This develops responsibility and allows parents to spend more time with their child.

HOW LONG? WHEN? WHERE?

Talk with your child and decide together on a plan.

TIME? Choose the length of time to be spent on homework, extra studies, chores and recreation.

WHEN? Choose the hours to be put aside for studying. Consideration should be given to other members of the family.

WHERE? For study use a common place such as your child's bedroom/study area/living or dining room. The best and safest posture is seated at a table or a desk, **not lying on a bed.**

GROUND RULES

Turn off radio, music, or TV during study time. Make sure the place is quiet. Other family members need to co-operate as any sacrifice is an investment in your child's future. T.V.? Choose programmes the whole family can enjoy and do not be afraid to use the off switch.

HOMework REVIEW & STUDY

The review of work or study is most important and if done on a daily basis, there will be no problem with end of term exams

Suggested Daily Schedule for Forms 1-3

4:00-6:00	6:00-7:00	7:00-7:30	7:30-9:00
Eat, Sleep, Play, T.V., Read, Chores	Homework	Meal/Snack	Finish Homework, Study, Review Work

This can be interchangeable as children need at least 1 hour for homework and 1 hour for review or study. If no written homework was assigned, let your child review and learn the day's work.

Suggested Daily Schedule for Forms 4-5

4:00-6:00	6:00-7:00	7:00-7:30	7:30-10:00
Extra Lessons (if necessary), Extra Curricular Activities, Homework, T.V.	Chores, Relaxation	Dinner, News	Homework, Study, Review

Students at this level should be in bed by 11:00pm. They should not interrupt their sleep to study during the night as this makes them less attentive in class the following day.

Weekend Schedule

Friday Night: Get homework done!
Saturday and Sunday: Encourage family activities.
BUT insist on studies:
Forms 1-3: at least 2-3 hours
Form 4: at least 3-5 hours
Form 5: at least 4-6 hours

READING

For best results, parents should set an example and encourage their children to read newspapers, books and magazines. Make reading a family event - let a family member read a special book aloud. Reading is a life skill and is one of the most important things a parent can encourage, to prepare a child for future academic success.

