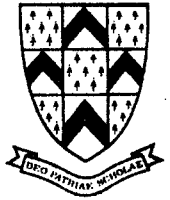
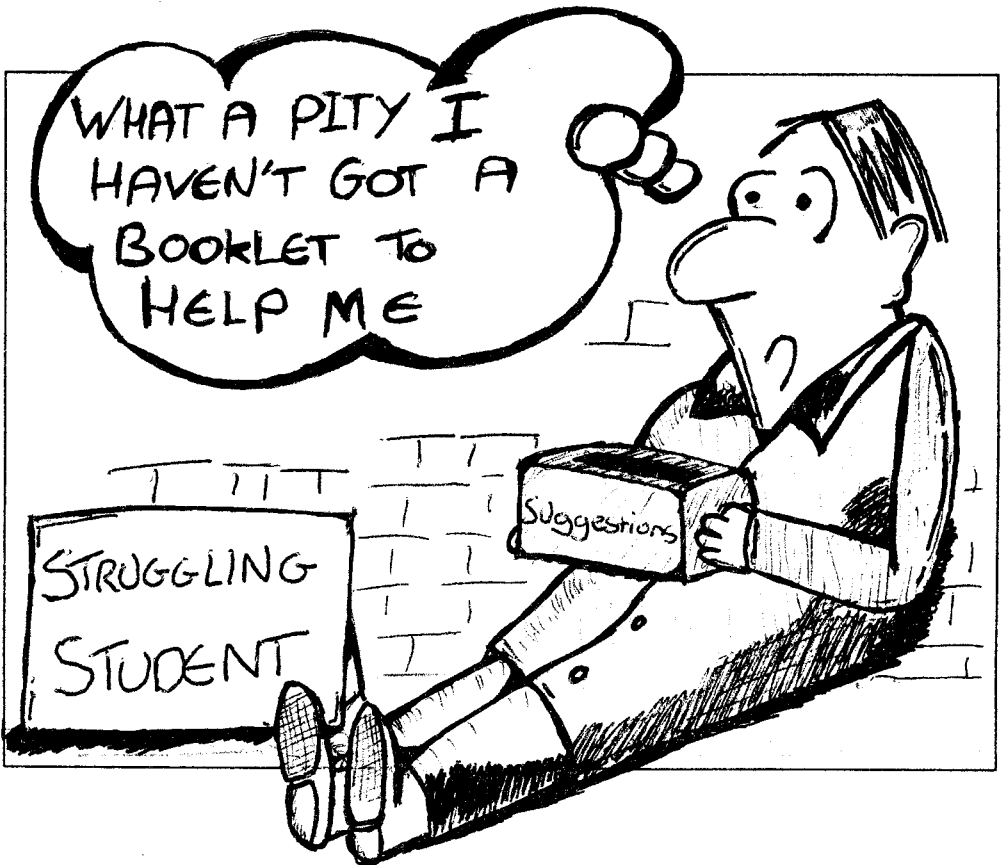


**KING EDWARD VI
SCHOOL
LICHFIELD**



COPING WITH YEAR 7





Coping with Year 7

Moving to a secondary school is an exciting event but it can also be difficult and confusing. It can be an anxious time for parents and carers who are keen to help but not sure about what to do.

This booklet aims to suggest some ways in which you can help your child settle into a new school. It is in response to questions which we are often asked by parents and carers. We hope that the ideas contained in it are simple and practical. You may like to discuss the booklet with your child and agree on the things which you can work on together to help deal with the demands of the school routine.

Please remember that help is only really useful if it is **wanted**. It is very difficult for young people to admit that they need help. If your child resists, be patient. By letting your children know that you will support them in whatever way you can you are already helping. They will ask for help when they are ready to accept it.

The most important help you can give your child is continued encouragement and praise.

Contents

The booklet contains 6 sections:

Organisation

Spelling

Reading

Talking

Setting out work

Homework

We hope that you will find the booklet and the ideas in it useful. It is an experiment and this is our first issue! We would welcome very much from you comments on:

- items which you have found useful
- items which you think are not helpful
- issues which you think should be included but are not here

Please send any comments to Mr A Walker at the school – there is a form at the back of the booklet to assist with this.

Thank you.



organisation

Help your children avoid anxiety by **being properly organised for school each day:**

Things to try

- encourage them to make a large copy of their timetable.
- display it in a prominent place eg the fridge door.
- refer to the timetable to remind them of the lessons they have each day.
- make a checklist of books/equipment needed for each subject and check that they use it.
- colour code or put symbols on exercise books to make them easier to tell apart. Writing the days when the book is needed on the front cover can also help with organisation. This can be done neatly.
- make sure that they pack their bags at night with everything they need for the next day.

Not such a good idea

- packing their bags for them!



Spelling

Spelling can often be a source of great anxiety for pupils and parents alike. It is important to remember that complicated written language is still quite a new idea to an 11 year-old and that spelling will improve. Encourage your children to look up spellings in a dictionary.

If spelling is a problem or if your children ask for a word or are given spellings to learn for homework, encourage them to:

1. **look** at the word.
2. **say** the word correctly aloud.
3. **cover** it up.
4. **write** it down.
5. **check** if it is right.

- Praise their effort – if it is a new word and is correct encourage them to use the word frequently until they are fully confident with its spelling.
- If they get it wrong, praise the effort and encourage them to practise until they get it right.

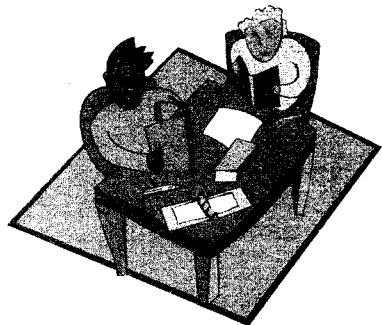
It is not as effective:

- just to tell them how to spell a word.
- to expect them just to read through a word list a few times to try to remember them.

Always

1. look
2. say
3. cover
4. write
5. check

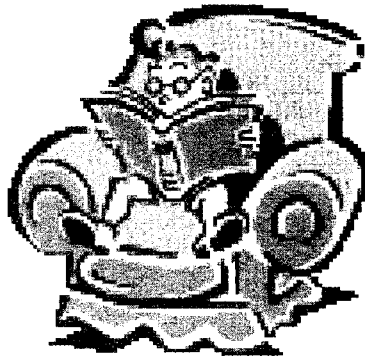
Every time!



Reading

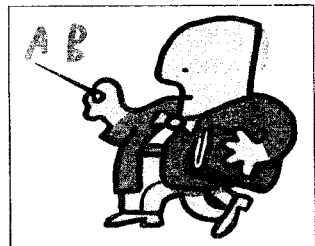
By encouraging your children to read you will be doing a lot to help their concentration, their language development, their general knowledge and their imagination. If they are prepared to do so, encourage them to talk to you about what they have read. For example they might re-tell the story and talk about the plot and the characters and tell you what they like or dislike.

Please don't criticise their choice of reading material too much – any reading is better than no reading at all and it really is okay to read comics and magazines sometimes!



Talking

Talking is another very powerful way of learning. Having said this, children vary a lot in the amount of talking they are prepared to do (we notice this in lessons!). They might like to talk to you about their hobbies or things that have happened to them during the week. Some children like to talk about what has happened at school but others don't – don't pressure them but be ready to listen.





setting out of work

Work which is well set out and labelled in pupils' 'best books' helps their learning a lot. It helps them to organise their ideas and gives them a clear record of all they have done when exam time comes round. Each piece of work should:

- be identified as 'Classwork' or 'Homework' by the letters CW or HW in the left-hand margin.
- be dated.
- be given a heading, which should be underlined, using a ruler. This could be a page and exercise number or a title in words.
- be ruled off at the end.

An example is given below:

<u>CW</u>	<u>15 September 1999</u>
<u>Why I like school</u>	

Homework

Year 7 pupils often mention homework as the greatest problem they have when starting at the school. Fitting it into all their other activities and getting it all finished on time can be a major worry.

Helping your children to do their homework can ease their anxiety about school as well as helping them to learn.

Things to try

- have a copy of the homework timetable handy.
- check entries in their home book each day.
- negotiate a time for doing homework.
- encourage them to do homework as soon as possible after it is set (check deadlines in their home book).
- give them a place to do their homework where there are as few distractions as possible – a busy family living-room is not an ideal place!
- limit the time they spend on homework – suggested times are on the homework timetable.
- if they have difficulty remembering or recording homework legibly contact the school and discuss strategies to deal with this.

Not such a good idea

- letting them work for hours. If necessary, put a note in their home book to say they have worked hard for 40 minutes.
- doing their homework for them!



