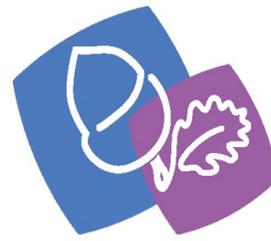


At Netley we want every child to do well, to be happy and to succeed in life; we are all dedicated to doing all we can to make this happen. We are not suggesting that any of our parents are currently failing their children; you're all doing a great job, many of you in difficult circumstances. We just want to give you some ideas to help your child do even better.

If you have any questions about this leaflet, please speak to your child's class teacher first. They can also help you to find activities for your child, including some free options where possible.



NETLEY
PRIMARY SCHOOL

*Helping your child to succeed
and be happy at school*

9 IDEAS FOR PARENTS



“Attendance matters, punctuality matters”

1 Ensure your child attends school every day. Children who go to school every day get better grades. Getting better grades leads to greater success in the future. Give your child the best chance in life; ensure they attend school 100% of the time.



2 School starts at 9:00am every day with guided reading. Help your child by getting them to school



ready to start right on time. If your child is just 10 minutes late for school each day, by the end of the week they will have missed nearly an hour of school. Help your child; get them to school on time.

9 Show your child that you enjoy life and you like discovering new things. We appreciate that not all of our parents chose to live in Camden. However, it is a great place to bring up your family. Amazingly, a third of children who are unhappy with where they live do not enjoy school and do not do well.

Enjoy showing your children what London has to offer. Look for small things you like and for activities or places locally that you enjoy: it will have a great impact on your child's attitude. Holidays abroad, to see family or as tourists, are fantastic too.

makes a huge difference.”

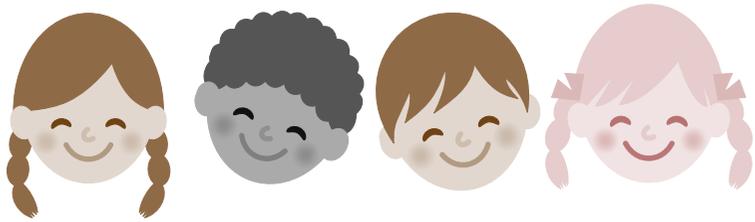
Simply start off by serving child-size portions – start smaller and, if your child asks for more, give them more.

Give them 7 portions of fruit or vegetables per day – at least 3 of them raw. Send them to school with a fruit snack for break time.

Limit sugar to 5-7 teaspoons per day; Coca Cola, donuts, chocolate bars and drinks are an occasional treat.

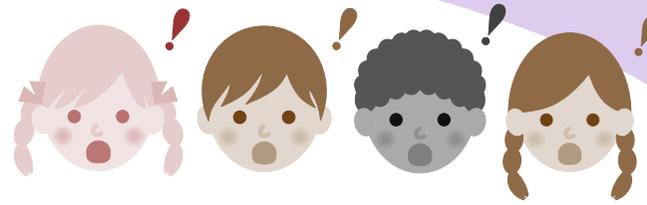
7 Children succeed when they enjoy learning both in and out of the classroom. Children experience a

happy sense of achievement from learning new things. But this mustn't just happen at school. Your child will really enjoy learning from you and from other family members. Pass on the skills you have, such as cooking, carpentry, DIY, sewing or photography and talk to them about things that interest you. Show your child that you enjoy learning new things too.



“Spending happy time together

8 Healthy eating will greatly improve your child's levels of concentration at school. We know that many of you love to treat your children with high calorie snacks and sugary drinks, but 22% of children in Camden are obese and children who are obese often struggle at school. Give your children a healthy diet and they will find school less tiring and more enjoyable.



3 100% attendance means not going on holiday during term time. We understand that it is important for our children to have good links with their family and this can mean travelling outside the UK. However, our children get 12 weeks of holiday each year; ensure you book your trips to fit in the official holidays and keep your child at school during term.

School holidays 2016-2017

These are the school holidays for the coming year. If you plan your holidays within these dates, your child will not have to miss any school.

SUMMER Thursday 21st July - Sunday 4th September 2016

OCTOBER HALF-TERM Saturday 22nd - Sunday 30th October 2016

CHRISTMAS Saturday 17th December 2016 - Tuesday 3rd January 2017

SPRING HALF-TERM Saturday 11th - Sunday 19th February 2017

EASTER Saturday 8th - Monday 23rd April 2017

SUMMER HALF-TERM Saturday 27th May - Sunday 4th June 2017

Children need enough sleep to do well at school.

4

For all children, the NHS recommends :

Age Length of sleep each night

2 years 11 hours 30 minutes

3 years 11 hours 30 minutes

4 years 11 hours 30 minutes

5 years 11 hours

6 years 10 hours 45 minutes

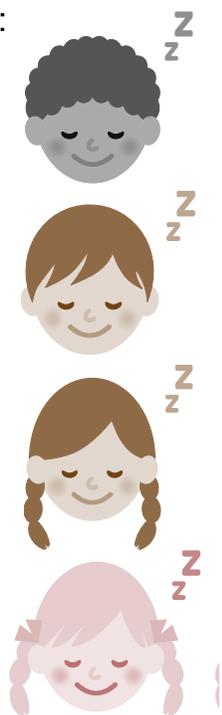
7 years 10 hours 30 minutes

8 years 10 hours 15 minutes

9 years 10 hours

10 years 9 hours 45 minutes

11 years 9 hours 30 minutes



5

The right bedtime ritual will help your child to sleep

well: a warm bath, listening to gentle music, a parent or sibling reading a story or favourite poem to them.

Above all, don't let your child play computer games all evening. Get them to do something calm in the hour before their bedtime; they will enjoy a far better sleep.

6

Activity is important to your child's success; active children are happier, fitter and do better at school.

Children who are active for an hour or more each day do better in life.



There are lots of free activities in our area; taking a ball, skipping rope or Frisbee to Regents Park is free, and both adults and children can enjoy the free Trim Trail. Activity doesn't have to be outside; playing a musical instrument, joining a dance troupe, learning a martial art or joining a gymnastics club also count and they don't have to be expensive. Most of London's museums and galleries are free!

“Health and wellbeing matter to your child”