

5 WAYS YOU CAN HELP YOUR CHILD AT BRIDGEWATER HIGH SCHOOL KEY STAGE 3

Art

- Encourage your child to visit art galleries and other cultural experiences.
- Talk to your child about what they are studying in their art lessons and their achievements.
- Ensure that SMHW is being used regularly and that homework is completed.
- Encourage them to practise drawing and other skills learnt in class.
- Ensure that they are prepared for lessons with their sketchbook and equipment. (HB, 2B pencils, colouring pencils, ruler, rubber and sharpener).

Dance

- Support your child in doing some sort of exercise or join an exercise class together to aid stamina and strength.
- Listen to different genres of music.
- Improve the negative stereotype of dance; dance is for all and develops numerous life skills. Discuss with your child iconic male and female dancers or watch some YouTube clips of males/ female dance companies.
- Encourage them to read/ research around the subject about different styles of dance.
- Talk to them about their progress and attainment.

Design and Technology

- Talk to your child about what they have been studying in school. Ask them to explain key concepts to you.
- Look at objects to see what materials they are made from and how they might be manufactured.
- Practise drawing and rendering techniques to improve the quality of their design work.
- Talk to them about their progress and attainment.
- Provide basic art materials and equipment (set of art pencils, colouring pencils, fine liner).

Drama

- Take your child to the theatre to watch a variety of performances.
- Talk to your child about what they have been studying in school.
- Watch a variety of films and TV Dramas that are suitable for their age.
- Encourage your child to engage in extra curricular Drama activities.
- Encourage pupils to read plays.

English

- Ensure your child is properly equipped; a pocket dictionary and pocket thesaurus would make excellent additions to your child's basic equipment (the Pocket Oxford English Dictionary and Pocket Oxford Thesaurus are recommended).
- Encourage your child to read regularly at home. Reading could be stories, biographies, newspapers, magazines, websites – they all help to raise your child's standard of reading. If your child is reluctant, cut out general interest articles and pin them to your noticeboard / fridge magnet, etc.
- Try some skimming and scanning together. Skimming is when you read through a piece of text quickly to find out what the main idea is; scanning is glancing through a piece of text to find a specific piece of information. You can do this with a newspaper – perhaps ask your child to find something out for you. They could scan a newspaper for information about a sports personality or celebrity, or to find out the weekend weather.
- Encourage your child to read his or her work out loud to you, using the punctuation as a guide to the pauses.
- Rather than correcting any errors in your child's work, put a small dot in the margin next to any spelling, punctuation or grammar issues. Then encourage your child to work out what the issue is for himself or herself.

Geography

- Read through class or homework with them and ask questions about what they have learned.
- Use atlases and Maps to find places of interest both locally and from around the world.
- Watch and discuss the news and weather.
- Get outside, walk, use maps - experience geography in the real world.
- Use the VLE as a reference point and revision tool.

History

- Encourage your child to watch a History documentary or Historical film occasionally to help develop your wider knowledge and understanding of History. This could be Horrible Histories.
- Discuss your child's learning with them in school to check they understand what they have been studying.
- Encourage your child to read – it does not have to be anything to do with History – to help their grasp of literacy
- Perhaps take your child to a museum or historical house etc. as part of a day out to bring their History alive.
- Ask your child who/what they have been studying in History and why it is important. Consider would everyone think the same way? This will help them to develop their ability to argue significance and be aware of different historical interpretations.

ICT and Computer Science

- E-Safety for parents - <https://www.thinkuknow.co.uk/parents/>
- We have limited time in Key Stage 3 to spend extended periods of time on a given topic. Pupils must practise their programming skills to further their learning. In order to do this, pupils can use the following online resources:
 - <https://www.codecademy.com/>
 - <https://scratch.mit.edu/>
 - <http://www.yoyogames.com/get>
- Pupils must continue to practise their application of software skills. Encourage them to use such computer programs as Word, Access, Excel and PowerPoint.
- Look for opportunities to talk to your child about ICT and how it has changed our society, in so many ways. Children enjoy sharing what they have learnt. Try to find topics you are both interested in so that it is more of a conversation than an interrogation.
- Check SMHW for homework from ICT and Computer Science. Discuss the homework with your child and ask if there is anything that you can do to help.

Maths is everywhere

Express confidence in your child's ability to succeed in maths. Share positive math memories from your past. It does not help to share negative experiences. Connect mathematics to daily life: Ask your child to estimate grocery bills, change, tax, tips, measurements, travelling distances and times, and the quantity of paint or carpet needed for a room. Talk about the ways in which you use mathematics in your job and daily life, and about mathematics in the newspaper (sports statistics, stock prices, maths puzzles, graphs). Seize every opportunity to calculate mentally and talk about the process involved. Have fun with maths Play family games to add excitement to repetitive practice. You can play: card games, Chess, Backgammon, Mastermind or computer games.

Always encourage organization

Ensure necessary equipment is available, for example: pen, pencil, ruler, protractor, pair of compasses, **scientific calculator**, glue, highlighter.

Techniques for revision

Check the content of a QMA as soon as a date is given. Spread studying out over several days. Write, talk, sing—use variety to consolidate and retain information. Make study notes so that the material to be learned is in a condensed version. Rework questions from homework or classwork that caused difficulty.

Homework

Ask your child about maths in school, what topics are being discussed? What's for homework? What's interesting? Read the scheme of work for your child's class on the school VLE

Encourage your child to have a regular time of day to do homework-before he/she is too tired. Check on Show My Homework. If no homework is assigned, review previous work.

Be resourceful when stuck:

- a. Reread the problem out loud – check the meaning of maths terms.
- b. Highlight important information in the problem.
- c. Look for examples of similar solutions
- d. Break the problem into parts.
- e. Discuss alternative approaches.
- f. Take a break and try again later.
- g. Look for information related to the topic on the internet, use the websites suggested below.
- h. Attend maths enrichment 3.15 on a Tuesday in room 81

Seek help for your Child

- Contact your child's maths teacher by email/phone
- Contact Mrs Hughes (KS3 coordinator for Maths) at c.hughes@bridgewaterhigh.com
- Contact Miss Beswick (Head of Maths Faculty) at c.beswick@bridgewaterhigh.com

Useful websites:

- Bridgewater High School VLE
- www.mymaths.co.uk (username 'bwhs' and password 'maths5')
- www.justmaths.co.uk (username: BHSStudent and password: BHS)
- www.mrbartonmaths.com
- <https://nrich.maths.org/>

MFL

“What can we do as parents to help, particularly if we don't speak the language our child is learning?”

In school, we assume that parents don't speak the language their child is learning. Even with knowledge of no other language, there are basic things to do with learning that any parent can do to help. The general school advice of asking to see their work; checking they have done the homework; helping them to organise their time so that work is not left to the last minute all apply to modern foreign languages, as well as the following more specific ideas:

- Help them learn vocabulary by reminding them of how they learned spellings at Primary school – look, cover, write, check usually worked for English spellings, and so it should for words in a foreign language too. Also signing up for the free profile on memrise.com and following the links sent through showmyhomework by your child's teacher can help with active vocabulary learning.
- See if you can test them on the work they have been learning recently – having to show learning is an important piece of the memory process, and doing it in a less formal setting than a test in a school classroom is a good step along the way, and should build confidence for when the language is used.
- Use post it notes with new vocabulary and post them around the house/bedroom – you take them down as they become learned.
- Get your child to use a bilingual dictionary – in Year 7, many pupils have them, but they often stop being carried to lessons as the pupil gets slightly older.
- Stop them using google translate!!! This develops an over-reliance on something that is probably giving them quite a wrong answer anyway (all online translators can be really bad at translating tenses!)

Music

- Encourage students to listen to different styles of music.
- Share with your son/daughter your favourite songs and the music that you listened to when you were their age.
- Take your son/daughter to music concerts and festivals where possible.
- Encourage your son/daughter to sing their favourite song, whether it is in the shower, in the car or around the house.
- Encourage your son/daughter to learn an instrument or come to extra curricular music clubs after school.

PE

- Ensure your child has their correct PE kit for all practical lessons.
- Encourage your child to attend extra-curricular activities either inside or outside of school.
- Encourage and support your child to be active each day.
- Encourage your child to watch sport either live or on the television.
- Discuss the benefits of PE & Sport in maintaining a healthy and balanced lifestyle.

RS

- Encourage your child to watch a documentary, film or TV programme to help develop their wider knowledge and understanding of religion and ethics. As religion is part of life this could be anything from The Big Questions to any of the soaps.
- Discuss your child's learning with them in school to check they understand what they have been studying.
- Encourage your child to read – it does not have to be anything to do with religion, philosophy or ethics, although we can provide ideas if wanted – to help their grasp of literacy.
- Perhaps take your child to a museum or place of worship as part of a day out to bring their Religious Studies alive.
- Ask your child what they have been studying in Religious Studies and why it is important. Consider would everyone think the same way? This will help them to develop their ability to argue significance and be aware of different religious and non-religious interpretations.

Science

- Encourage your child to log on to their 'Show My Homework' account to check for any homework that has been set by their science teacher.
- Ensure that they know when assessments (QMAs) are taking place and are doing the necessary revision for them.
- Watch for science in the news and read science news articles to stimulate interest and engagement in the world of science.
- Talk to your child about what science lessons they have enjoyed or not enjoyed stimulating discussion on the issues raised.
- In school holiday periods, maybe arrange visits to local science exhibitions and museums.