



Ringwood School
A National Teaching Academy

KS2 to 3 Ready Checklist:

Independence/Organisation

- Ask them to set an alarm clock (not on their phone) and get themselves ready for the school day.
- Help your child pack their own school bag/lunch leading to them doing it independently.
- Help your child plan, shop for and prepare a meal for the family once a month.
- Ask your child to create a timetable of their evening activities/. This will help with future HL organisation.

Resilience

- Ask your child to tell you 3 things that went well at school each day. Focus on positives.
- If your child has a problem at school, do not fight their battle but encourage them to talk to key staff and resolve the issue themselves in the first instance.
- Allow them the chance to be independent and make mistakes. The real world is not full of success in every venture so allow them to fail occasionally. FAIL = First Attempt In Learning.
- Model how to react to difficult situations. We want them to become the best version of themselves by showing them the best versions of ourselves. If you are calm and measured in your daily situations then they will be. If you display anxiety or fear then this will become their model for reacting to challenges.

Relationships

- Register them for an out of school club to get to know new people.
- Teach them how to be a good friend, how to develop trust, to be reliable and to have supportive conversations. Spending time with friends outside of school.
- Teach them that conversation is much better than conflict and that it's ok to have different views or ideas but that it is important to listen to others.

Technology

- No tablets or phones in bedrooms. The internet can be a scary and dangerous place and you cannot see what is happening behind closed doors. It should be something you worry about.
- Draw up a contract for any devices deciding on screen time limits and that you have access to their phones/tablets at any time. Phones off an hour before bed.
- Do not allow them on any social media and group chats until they are 13. The only social media platform that studies show have a net positive impact is YouTube.
- Reinforce the message that they should not say or type anything online that they wouldn't want you to hear or have said to them. Online actions can be permanent.

Learning

- Ask them to read to a younger sibling or swap an hour of screen time for an hour of reading time a week.
- Watch current events/affairs/news and discuss with your child.
- Assist them with Home Learning but do not do it for them. If it is a battle then let them face the consequences of not doing it and learn that it is there to support and develop their learning.
- Reward effort and creativity over the outcomes. All students will progress at different levels and it is important for them to see that they should try their own "personal best".

This advice is based on our experiences of things that have had positive and negative impacts on children as they move towards adolescence.