

Simply

# THE BEST

BARKING ABBEY  
PARENTAL NEWSLETTER 3

Parental involvement is consistently associated with pupils' success at school

**Your Role Matters...**

**Why you should never be even 5 minutes late for your lesson:**

1. You catch the introduction to the lesson that your teacher has prepared for you, and get all the instructions you need.
2. You are organised and ready to start
3. You are at the same stage in your learning as the rest of the class, and therefore not behind.
4. You don't distract the class from their learning, with a late entrance.
5. You don't distract the teacher from their teaching.

Every 2 weeks your child is introduced to a **BEST Learning Habit** at school, please ensure that you:

1. **Explain what it means**
2. **Show your child how to model the behaviour**
3. Offer plenty of examples of how other members of the family have modelled the behaviour

(Please use the resource for tips to help you, or find out more from:

<http://www.barkingabbeyschool.co.uk/assets/Uploads/Documents/The-Best-Learning-Habits-for-Parental-guidance.pdf>



**STARVE YOUR DISTRACTIONS, FEED YOUR FOCUS.**

Here is our fortnightly learning habit and some tips to guide you:

## Managing Distractions

**Recognising and reducing distractions; knowing when to walk away and refresh yourself. Focusing on a specific task and ignoring things that could take your attention away from the task. Creating your own ideal environment for learning**

### Behaviours that you can develop:

Being focused, listening to teachers or peers even when there are other distractions, being able to learn regardless of personal or emotional distractions, finding the right environment to learn in, starting each day and lesson with a fresh attitude.

### Top Tips

#### Students

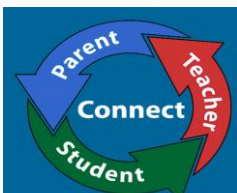
- Turn off your phone and the TV when completing home study
- If you face a distraction in class, consider where you could sit to focus better and ask your teacher for a change.
- Focus on exactly what you want to achieve in a particular time
- If a person is distracting you, tell them that they are distracting you and what they are doing which is causing the distraction.

#### Parents

- Create a learning space for your son/daughter away from distractions.
- Talk to your son/daughter about how you manage your distractions both at home and at work.
- Discuss with your son/daughter the strategies he/she can use to become better at managing distractions.

**Remember**

What is rewarded is repeated



# Managing Distractions > Strategies:

