PRIMARY AND HIGH SCHOOL

Too sick for school?
As the cold weather hits, so do the winter bugs. It’s often hard to know whether to send your child to school or let them stay home to recover, especially when that means an adult cancelling work. For safety's sake, if your child seems unwell you should always keep them home from school and seek medical advice.

School A to Z and the NSW Health have created an at-a-glance chart to help answer your questions about common childhood illness and how long sick kids need to miss school. Find it by typing this link into your web browser www.bit.ly/1hytn2E

PRIMARY SCHOOL

Mental maths strategies
We teach children a range of different strategies to add and subtract numbers. By showing them several methods for solving maths questions, we’re helping them to look for patterns. All this builds a good sense of “number” which means they understand the relationships between different numbers and why different ways to add and subtract work well. The goal is that your child will understand many ways to approach a maths problem and will be able to choose a way that makes the most sense to them. School A to Z has a lot of resources, including help sheets on mental maths strategies, here : www.bit.ly/JkiUsY

Does speaking another language at home confuse children?
Are your children fortunate enough to be growing up in a home where two or more languages are spoken? Many parents worry that bilingualism can cause confusion and even delays in learning for their children, but according the Raising Children Network, that’s not the case at all. A good knowledge of your native language can actually help your child with learning English. Bilingual children who are read books and spoken to in their in their native language find it easier to learn to read and write in English when they get to school. More information is at www.bit.ly/1m0agnk
Teenager’s seeking more independence
Knowing how much freedom and responsibility to give your teenager is difficult, especially if they’re your eldest or only child. To become capable adults, teenagers need to learn to make good decisions on their own and have opportunities to show you they can. The Raising Children Network website has a wealth of expert information and guidance for parents of teens and younger children. If your child is testing the boundaries and pushing for more independence, you may find the article ‘Shifting responsibility to your child’ worth reading. Go to www.bit.ly/1jCxKhe

Study help for high school
It’s often quite difficult parents to assist their children with their high school homework and study. Even if we have professional experience in the subject area, children tend to find it difficult to take parental advice when it comes to school. (Don’t feel bad, teachers’ own children do exactly the same thing.) www.khanacademy.org is an excellent, not-for-profit website which may help your child study and revise tricky concepts in science, maths and the humanities.