Boosting Your Child's Progress

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CHESSINGTON SCHOOL



What you can do to support your child's academic progress from home

Everyone valued • Every day an opportunity • Every moment focused on success

What do we mean by ‘progress?’

Primarily based on Year 6 SATs and other contextual data, each child is assigned a **challenging yet achievable target** grade for each subject at secondary school



We could expect two individuals with the same academic profile, in the same area to achieve similar grades at GCSE

If your child has met their target, they have made an appropriate amount of **progress**

The Year 8 ‘dip’

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1. Routines

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Adequate Sleep

- Studies recommend **8-10 hours per night** for adolescents

- Many studies have found links to brain volume and function, rates of poor mental health and memory consolidation



Encourage healthy sleep habits by removing screens at least 30 minutes before bedtime and keeping bedrooms device-free

1. Routines

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Nutritional Breakfast

“Children have a higher brain glucose metabolism than adults, and so need more ‘fuel’ to feed their brains.”



- Hundreds of studies that show eating breakfast has positive effects on memory, attention, and executive functions such as organisation and planning

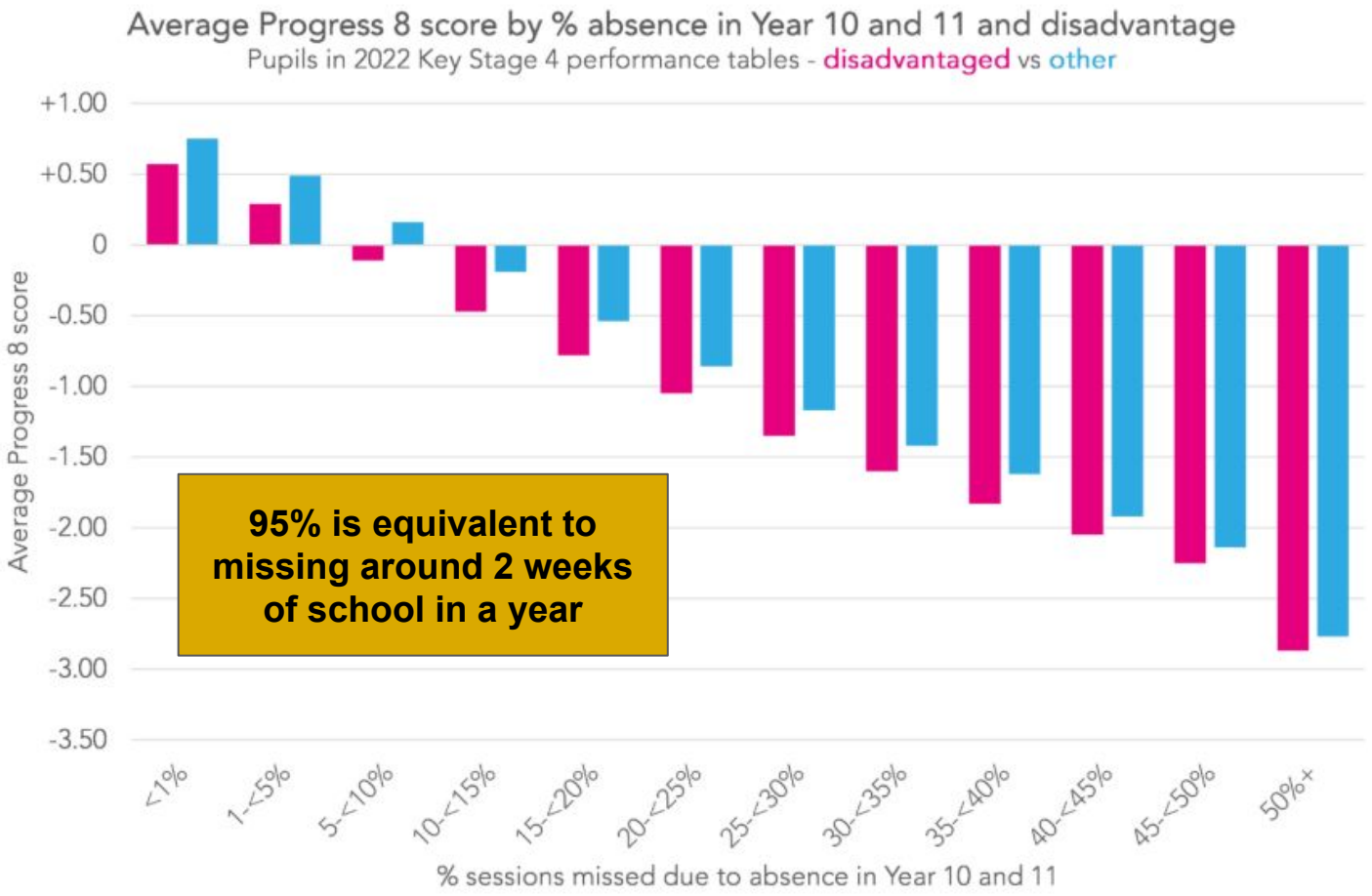
- Some studies find that low G.I. breakfasts (that don’t spike blood sugar) are more beneficial.

Any breakfast is better than no breakfast!

1. Routines

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School Attendance



1. Routines

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Study Habits

- Many studies have found that distractions in many forms have negative impacts on memory, learner resilience and academic identity "I am good at maths, I can work at this an improve, I can try again and succeed"

- Homework club at school can provide this environment

- Have a particular time and place to complete homework with minimal distractions, with phones away

- 45 minutes to 1 hour per day of independent study

2. Cognitive Shift

Content starts to get harder.

Some pupils aren’t ready for this.

Resilience becomes a much more important thing.



2. Cognitive Shift

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Foster a Growth Mindset: Teach teens that mistakes help their brains grow. Praise their hard work and effort instead of only focusing on high test scores.

Model Problem-Solving and Planning: Show your child how to organise study schedules, manage their time, and create backup plans when things go wrong.

Support Emotional Well-being: Encourage healthy habits like regular sleep, good nutrition, and daily movement. Create safe spaces to talk about stress without judgment.

Encourage Help-Seeking: Make sure your child knows it is okay to ask teachers, support staff, or you for help when school feels overwhelming

Building Resilience at Home

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Scenario:

Your child has homework to complete. They say they don't get it and it's too hard.

Reframing it to encourage resilience and independence:

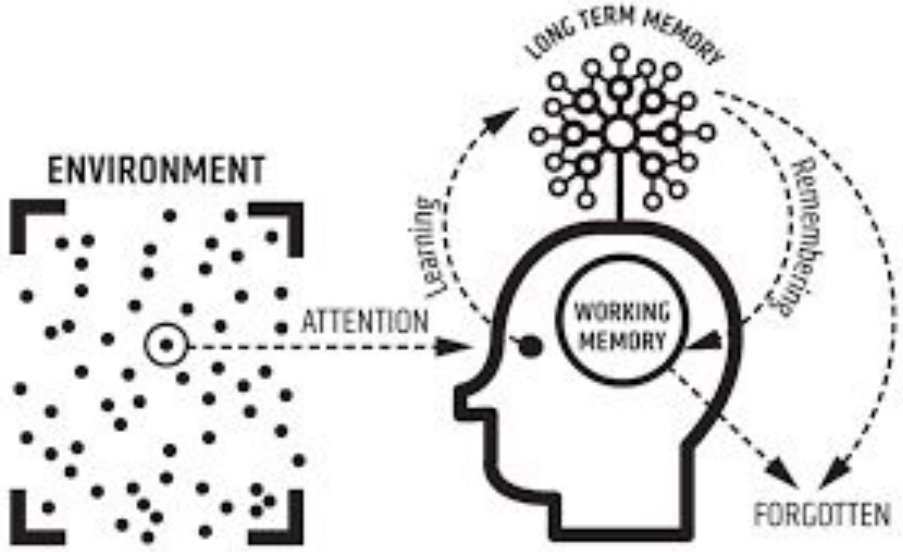
- *"What exactly is the problem asking you to do?"*
- *"Where have you solved something similar to this before?"*
- *"What tool or note could help you right now?"*

Technique	Utility	How it looks at home
Distributed practice	High	Splitting a subject across several short sessions on different days rather than one long block
Practice testing	High	Answering *past paper* questions without notes, then marking against the *mark scheme*
Elaborative interrogation	Moderate	Asking "why is this so" of each fact being studied
Self-explanation	Moderate	Explaining out loud how a problem is being solved while solving it
Interleaved practice	Moderate	Mixing problem types within a session instead of twenty of the same in a row
Summarising	Low	Useful only if the student already summarises well, which is rare at 12-13
Highlighting	Low	Feels like progress, with little effect on retention
Rereading	Low	The most used technique and one of the least productive per hour spent

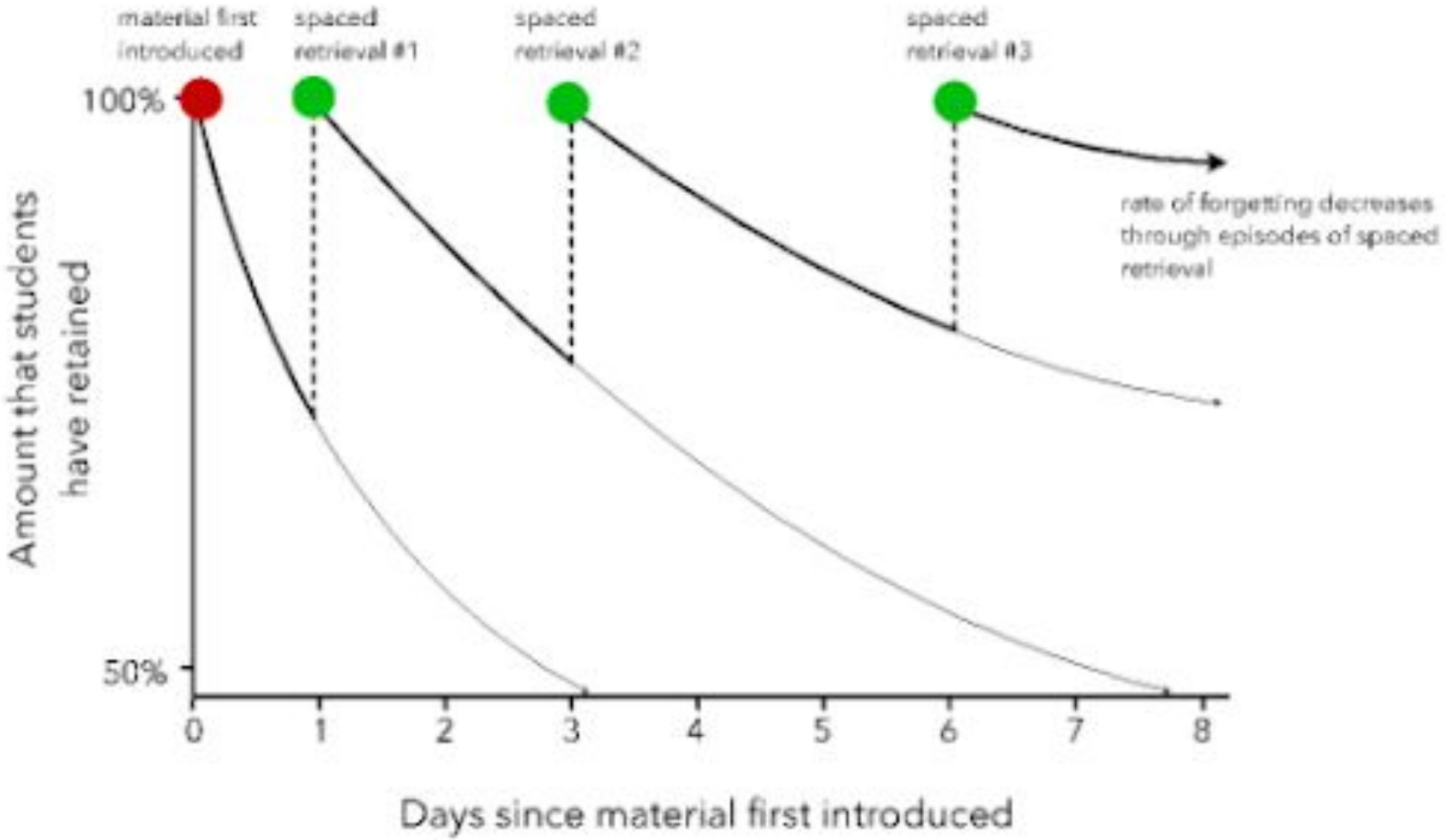
Knowledge Retrieval

- Practicing knowledge retrieval will help students transfer knowledge from their short term memory to their long term memory.

- The more frequently a student retrieves information, the longer it will remain in their long term memory.



'Forgetting Curve' showing the effect of spaced retrieval



Useful Resources

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CGP Revision Guides (can be bought on amazon)

Free online resources:

BBC Bitesize

Oak National Academy

Sparx Maths and Sparx Science

Seneca Learning

Pushing Your Child Further

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Super-curricular activities

https://www.sidgwickprize.com/ Essay competition open to anyone from 13-18

https://www.theforage.com/ Virtual work experience in many industries

https://theagorapapers.com/about/ Female-led news publication looking for female writers of whatever age to submit articles on current affairs

https://www.ox.ac.uk/admissions/undergraduate/supercurricular-hub/for-students-12-to-16 List of hundreds of websites for supercurricular enrichment

Key Contacts

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