

### Helping your children get the most out of school

#### As a parent, what can I do?

Encourage your child to talk about how they feel at school; get involved in school activities.

Take an interest in your child's homework and help them practise the things they are not good at.

Help your child solve their own problems by discussion and suggesting solutions.

Spend time individually with each of your children.

Choose a school that suits your child's needs.

Make yourself aware of the school behaviour policy and discuss this with your child at home.

Get to know your child's teachers.

#### Sometimes bullying can be a problem in schools. How will I know if my child is being bullied?

Ask for assistance from the school if your child:

- has a noticeable drop in their school grades, is not keeping up or has trouble fitting in at school
- is aggressive or purposely disobeys consistently for a length of time
- refuses to go to school or has trouble sleeping because of fears/worries
- has regular temper tantrums without good reason.

#### How can the school help?

Contact the school if you have concerns or if your child is likely to have a 'bad day' because of problems at home. Your first point of contact should be the school's front office staff, who will alert your child's teacher or a senior teacher. With your child's teacher you can discuss strategies to help them. There are also a number of school-based personnel who you can refer to for help. They include school counsellors, wellbeing officers, school based constables, Aboriginal and Islander Education Workers and Home Liaison Officers.

#### Useful websites

[www.psychology.org.au/publications/tip\\_sheets](http://www.psychology.org.au/publications/tip_sheets)

[www.families.nt.gov.au](http://www.families.nt.gov.au)

<http://cms.curriculum.edu.au/mindmatters>

[www.kidsafe.com.au](http://www.kidsafe.com.au)

[www.bullyingnoway.com.au](http://www.bullyingnoway.com.au)

[www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)

For further information on Safe Schools NT visit [www.safeschools.nt.gov.au](http://www.safeschools.nt.gov.au)

*Your children have the right to feel safe and happy at school whether in the classroom or playing outside.*