



Parent Handbook

We know being a parent can be hard and challenging that's why we created this fun, educational and interesting handbook. Take a read.



3P Learning



Content

Dealing with different learning styles in your children	1
How to help your child with their homework	2
11 tips to help your children reach their academic potential with Mathletics	4
Engaging your child with the Mathletics Reward System	7
The importance of parent-teacher communication	8
Top 10 assessment technique tips for kids	9
Simple activities to build your young child's writing skills	10
Spellodrome punctuation and grammar posters	11
Healthy body. Healthy mind.	13
Beat the morning blues	14
Schedule template	16



Dealing with different learning styles in your child

Experts tend to agree that there are three main styles of learning; visual, auditory and tactile. It's important to figure out what type of learner you are, and what your child is, in order to better support their learning.

It's important that parents first figure out what their learning style is, because it could easily differ from their child's. If this is the case, they could fall into the trap of emphasising or pushing a style of learning that isn't going to work.



Here's how to spot the different learning styles, and how best to support them:

While almost everybody tends to respond to a combination of learning styles, the majority of people tend to fall more strongly into the 'visual learner' category, meaning they absorb information by seeing it. They typically love books and reading, relate best to written information and like to take notes. They're normally good at spelling and like a quiet place to study.

To support this type of learner, use post it notes for writing information and place them around the house. Make sure your child sits close to the front of the class and encourage them to use highlighters and to underline. Use flashcards and draw mind-maps to explain bigger concepts. Encourage them to copy down what's written on the board.

Auditory learners make up about 30 per cent of the population and they absorb through listening. They tend to be the talkative kids in class who prefer giving oral reports than written ones and who enjoy debate. Parents can best support this kind of learner by reading textbooks aloud, having them repeat facts with their eyes closed, using word association tricks and watching videos.

Tactile learners are the rarest type of learner, and they absorb information best by doing. They need to be moving or active and find it difficult to sit still. They learn best by taking lots of breaks, engaging in hands-on activities and excursions – where they can use their hands and move around. And they don't usually like desks!

Mathematics appeals to many learning styles, particularly visual and tactile. Students are able to see visual representations of mathematical problems, as well as actively engaging with the questions and manipulating objects on screen at any time of day.

Remember

While focusing on the specific learning style of your child, don't forget to also combine elements from the other styles so they can develop a range of skills.



How to help your child with their homework



Homework can be a stressful part of a family's week. Here are a few tips to help get off to a strong start this school year and help develop positive homework and study habits that can benefit your child long into the future.

Start the year with a homework plan

Finding time to get homework done each week can be tricky between extra-curricular activities and family commitments. Try to schedule a set amount of time to do homework each day at a time that works for both you and your kids. If they have netball after school on Tuesdays, ask them if they would like to do their allotted homework before school or quietly in their room before dinner. Remind them of this commitment and that there are consequences if they don't finish their homework. If they get behind, they have to spend longer on it the following afternoon or if it's an ongoing issue, they may need to cut back on their extra-curricular activities.

Give kids a break

After a long day of school it's recommended that kids have some afternoon tea and a short break before settling down to do their homework. Encourage kids to play outside and burn some energy, rather than turning on the television.

Set a place to do homework

Designate an appropriate place for each child to do their homework. Younger children can benefit from doing their homework in a living area with a parent available for help, while older kids may prefer a distraction free environment like a desk in their bedroom or in the study. It's beneficial for the whole family to work quietly at the same time. Encourage young children without homework to colour in or play quietly in their own bedroom to minimise distraction.

Don't be too helpful

It's important to support your child with their homework, but don't do it for them. When your child first starts school, you will need to be more involved in their homework as they may need help to read and understand instructions. Focus on explaining to them what the question is asking, rather than answering the questions. As kids get older they may need some assistance to get them on the right track. No matter the age, remember homework is about developing independent learners. Encourage your child to work on their homework as independently as possible from the start.



How to help your child with their homework (cont.)

Ask the right questions

If your child is having trouble with a mathematics question, rather than taking over, ask questions that allow your child to explain the problem they are working on. This can help you to identify their area of confusion.

Some good questions to ask are:

- ✓ What is the problem you're working on?
- ✓ What does the question say?
- ✓ Are there any words in the question that you don't understand?
- ✓ Where do you think you should begin?
- ✓ Can you find some help in your textbook or notes?
- ✓ What have you done so far?
- ✓ Is there anything that you already know that might help with this particular problem?
- ✓ Why don't we look for help together on the Internet?

Remember

Beyond the important curriculum outcomes, working independently on homework helps children to develop crucial problem solving skills. It is important your child learns how to seek out answers without assistance from parents and teachers. Encourage your child to access the countless resources available within Mathletics.

“I was juggling the kids' usual evening routine when my daughter confronted me in the kitchen, in tears, frustrated with a maths problem.

She had been asked to colour in one quarter of the 12 apples in the book. I took it upon myself to try and explain fractions. Two hours later I was still harping on, we had bruised and dented all the apples in the house as we 'divided them into groups'. She was blank faced and glassy eyed and I was at a loss.

The next afternoon I decided to try a new tactic, so I signed her into Mathletics. 20 minutes later she had finished four fractions activities with gold bars.”

***Lucy – mum of 3.**

(*name changed for privacy reasons)

www.3plearning.com/homework



11 tips to help your child reach their academic potential with Mathletics

1 Help bridge the gender divide

Is there really a difference between boys' and girls' potential to achieve in mathematics and what is driving performance? Unfortunately in many instances as parents we unwittingly reinforce stereotypical ideas about our child's capabilities. This can undermine their confidence and natural desire to pursue certain paths. Parental influence can have a significant impact on learning. Ensuring that both parents help with homework is one way that we help to ensure that your child doesn't see gender as a learning barrier.



2 Encourage your child to fully grasp mathematical concepts

Introduce a topic using the 'Something Easier' and 'Are You Ready?' options and end the topic with the 'Something Harder' and 'Test' options to ensure maximum understanding. Encourage your child to complete the test once they have finished all the activities in a topic. It might help to remind them that there are double points available too.



3 Encourage your child to achieve concept mastery by achieving over 85%

Try to encourage your child to repeat an activity they've achieved a red or blue bar in (less than 85%) to help ensure they understand each concept. Repetition of activities is proven to drive better understanding and results. Grasping a concept that your child may have previously found difficult will build their confidence and sense of achievement. Make sure you recognise and reward success with praise and perhaps print out a certificate for an exciting achievement!



4 Help your child to study with Mathletics

Help your child prepare for tests with Mathletics! It will assist them in preparing for mathematics exams and improve their results by consolidating their knowledge and also helping to identify any areas that can be improved!



5 Encourage your child to personalise their Mathletics page.

We know a personalised learning environment is beneficial for engagement. So why not help your child to choose a fun background for their avatar? You can help them to earn points by setting them tasks to complete using the Task Manager function in the Family Console.



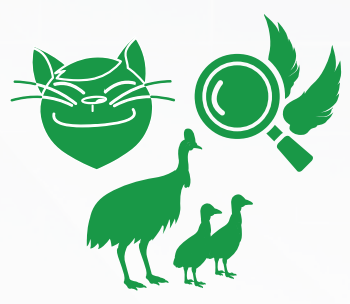


11 tips to help your child reach their academic potential with Mathletics (cont.)

6 Make the most of the additional features

Remember that as well as thousands of mathematics activities and the Live Mathletics games, Mathletics also contains some exciting extras to really help your child with their learning!

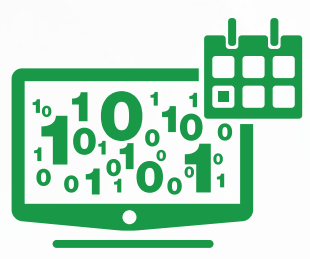
Have your child check out the fun and catchy Times Tables Toons, encourage them to explore the animated Concept Search where hundreds of mathematical terms are illustrated and explained or maybe venture into Rainforest Maths where there are many activities to explore!



7 Use Mathletics to keep your child stimulated over the holidays

Did you know that some children fall behind in their learning over the school holidays? There is some debate as to the extent of 'learning loss' especially over the summer but studies indicate that as many as one in three children can fall behind as a result of the long break away from the classroom, with numeracy one of the areas most affected.

Try to encourage your child to spend a little time on Mathletics each week over the holiday period to keep their mathematics skills fresh and help them to excel in the new school term.



8 Keep up with your child's results in the Family Console

Did you know you could check your child's Mathletics progress through your Family Console?

To do this, click the 'View Progress' icon in your child's account, then click the 'Check Up' icon. You'll then be able to see their progress, including relative strengths and weaknesses. You can try setting a few tasks on the subjects that they find trickier – practice makes perfect! Our research shows that, on average, 99.2% of students master a topic (achieve greater than 85%) after attempting an activity 3 times and this usually takes less than 20 minutes! School holidays are a great opportunity to refresh your child's Mathematics to make sure they get a strong start in the following term.



11 tips to help your child reach their academic potential with Mathletics (cont.)

9 Keep your child motivated and engaged by personalising their course level

Help keep your child motivated with a more challenging, or an easier course! If your child has achieved all the gold bars that they can on their current course, or are struggling with the course they are currently set to, did you know you could change their course level?

To do this, sign into the Family Console with your username and password and click 'Edit' next to your child's name. You will then see a 'Mathletics Course' heading under 'Edit Child Details'. Simply choose a new course from the drop-down. Please note, you can change their course a maximum of 6 times in a year.



10 Engage your child with conversation about Mathematics

Encourage your child to explain a concept to you using the Support Centre in the Mathletics activities (just click the big question mark under the question number) or the Concept Search tool. Investigating concepts reinforces understanding and promotes independent learning.



11 Set personal goals with Mathletics to encourage your child to reach their personal best

To help keep your child interested and engaged, why not set them a target number of points to earn over a day or a week? One point is earned per correct answer in Live Mathletics and ten points per correct question in the Curriculum Activities. Why not use the Mathletics certificate system to reward your child's individual performance and engagement?

Certificates are awarded for gaining 1000 points a week as follows:

- 1000 points – 1 bronze certificate
- 5 bronze certificates – 1 silver certificate
- 4 silver certificates – 1 gold certificate
- A maximum of one certificate can be earned per week.

More information about certificates is available on the following page or check out the Family Console.



Like to find out more about Mathletics?
Visit www.mathletics.com



Are you a super Mathlete? Mathletics Reward System



BRONZE Certificate

1000 POINTS
(within a week)

HOW TO EARN POINTS

Curriculum content:

- 1 x correct test answer = 20
- 1 x curriculum answer = 10

Live Mathletics:

- 1 x correct answer = 1 point
- 1 x correct bonus level answer = 2 points

First place = 5 credits

High score = 10 credits

NOTE: You can only receive one certificate each week.



5 BRONZE Certificates

=



1 SILVER Certificate

HINT

You can earn maximum points through completing your curriculum activities and tests!



4 SILVER Certificates

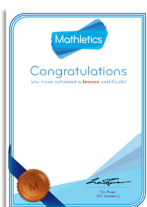
=



1 GOLD Certificate

HINT

20 weeks of consistent work = 1st GOLD certificate



BRONZE Certificate



SILVER Certificate



GOLD Certificate



The importance of parent-teacher communication



There's plenty of evidence that shows positive communication between parents and teachers helps improve academic performance.

As your child's greatest teacher and role model, it's vital that you get involved in their schooling, rather than sitting back and letting the teacher handle it all. Your child needs to see the importance that you, as their parent, place on their education. However, make sure this doesn't translate as an emphasis on always having to come first or being top of the class.

While teachers are experts in teaching, you're the expert on your child. You know what stimulates, bores and interests them, what they're good at and what they struggle with. You know your child's learning style and you also know if there are any other issues going on that might be affecting their learning at school. Ongoing communication with your child's teacher is essential to make sure they can tailor their approach to your child while in class.

Parent-teacher interviews are a great opportunity to communicate with your child's teacher and hear how your child is tracking academically and socially relative to their classmates. However, they are also a great way to discuss any troubles or questions you may have regarding your child. Before parent-teacher interviews, it is important that you take the time to think about the things you would like to discuss with your child's teacher to ensure you make the most of your allocated time.

In saying this, communicating with your child's teacher isn't just about attending parent-teacher interviews and conferences; there are lots of other ways to stay in touch and to create a positive two-way relationship, including email, volunteering in the classroom or by adding comments to a homework book. At drop off or pick up time, teachers are usually very busy so it might be best to schedule an appointment.

If discussing any issues you're concerned about, make sure you ask the teacher for ways you can help at home to reinforce what your child is learning in the classroom.

The Family Console in Mathletics allows you to regularly check up on your child's progress and to see the areas where they are excelling, as well as areas where they might need a little extra support. There are also ideas for how you can go about supporting your child without them feeling like you're breathing down their necks.

Above all, remember that it's a three-way relationship between you, your child and their teacher and that only by working together positively can you help your child achieve their full potential.

Parents as Partners.

It's a three-way relationship between you, your child and their teacher. Successful parental engagement is continuous. Kids are born to learn, and parental engagement needs to start from infancy and be maintained throughout childhood and well into teenage years and early adulthood.



Top 10 assessment technique tips for kids

Throughout your child's education, they will be required to complete assessments to demonstrate what they've learned throughout the school year. This can be a stressful time, so check out our top 10 tips that you can share with your child to set them up for success.



- 1 **Keep a positive attitude** throughout the test and try to stay relaxed. If you start to feel nervous take a few deep breaths.
- 2 **Pace yourself, don't rush.** Read the whole question and pay attention to all the details.
- 3 **Write neatly.** If the teacher can't read what you have written; your answer may be marked as incorrect.
- 4 **Neatly shade in the bubbles** on the multiple-choice answer sheet. Remember that if a computer is marking this section, your answer needs to be clear.
- 5 **Use the process of elimination technique** with multiple-choice questions, making sure you consider all the options. Remember... multiple-choice questions are about finding the most correct answer.
- 6 **Look for key words** in every question to help you to understand and answer what is being asked of you.
- 7 **Plan your written responses.** Take a few minutes to decide what you are going to write about and write down a few points to keep yourself on track.
- 8 **Give it a try!** If you don't know the answer, don't worry. Just do your best to answer the question and at the very least, go with the answer that seems correct.
- 9 **Review.** If you have time left when you have finished the assessment, look over it and make sure you haven't missed any questions.
- 10 **Don't worry** if other students finish before you. Focus on what you are doing and what is in front of you.



Simple activities to build your young child's writing skills



Celebrate writing.

Homemade stories, books and letters make great gifts for friends and family. Encourage your child to write and illustrate a picture book for a grandparent's birthday or to write 'thank you' cards and notes to show their appreciation.

Make writing fun and rewarding.

Encourage kids to write out grocery lists, family recipes or invitations to birthdays and family events to familiarise them with tricky words, improve their punctuation and learn basic writing processes. Postcards and holiday journals can also be a great way to keep kids in the habit of writing when they're on holidays.

Encourage activities that require reading.

There are so many fantastic activities kids love that encourage them to read. Things like reading the recipe when cooking, the instruction for constructing a kite or using the Internet to identify different types of wildlife you've seen on a local bush walk.

Encourage kids to plan.

If your child is finding it hard to get started writing their story or project, try helping them to writing a plan of what they are going to talk about. This helps to give them an idea of how they are going to answer the question.

Discuss ideas.

It's extremely helpful for kids to discuss their ideas before they sit down to write something. This can be as simple as looking over the format of invitations before they create their own birthday invites or talking about their ideas for a school project. Talking through and visualising ideas, can help your child to develop a plan of how and what they want to convey. When kids ask for help with spelling, punctuation, and usage, supply the help they need. Show compassion towards what they're struggling with and share hints and tricks you use to remember rules. Print out our free Spellodrome punctuation and grammar posters – available on the next page.



Discover more engaging literacy resources with Spellodrome. Free trial available at spellodrome.com

"P,nc?uation.



Captain CAPITAL

Capital vs. lower-case punctuation, it matters! Here are a few tips:

1. Capitalise the first word in a sentence.
2. Capitalise proper nouns – names, dates, countries, religions, places, titles.
3. Capitalise the pronoun "I".



"The Wandering Quotation"

Where do quotation marks go?

- Semicolons, colons and dashes always go outside quotation marks.
- Commas and full stops are always placed inside quotation marks.
- Depending on the sentence, question marks and exclamation points will either go inside or outside the quotation marks.

"Do you understand?"

When did she say "I understand"?

Single or double?

- Use 'single quotation' marks for quotes within quotes, or for titles of books, songs, TV programs, films and magazines.
- Use "double quotation" marks to show speech in written text.



The Critical Comma

It is important that commas are used appropriately and carefully. Here are the main uses:

1. To indicate a short pause when reading, helping to ensure the sentence makes sense.
2. To divide items in a list or to separate a series of adjectives.
3. To join two sentences, through adding a conjunction and a comma. Example:

We investigated the cost of tickets, and then we decided to go to the concert.

4. To separate spoken words:

"Don't walk in the puddle," instructed the teacher.

"Oops! I never saw it," replied the student.



The Possessive Apostrophe

- Apostrophes are used to show ownership or possession (e.g. *Fred's books; the school's plan*).
- With a singular possessor, the apostrophe goes before the s.
- With a plural possessor, the apostrophe goes after the s.

*Exceptions: plural nouns not ending in s; singular nouns ending in s.

Apostrophes can also signal omitted letters (who is = who's, can not = can't).



The Semicolon Story;

The semicolon is stronger than a comma but not as complete as a full stop.

It is most commonly used to connect two independent clauses.

"The children had never seen Mrs. Baker so mad; everyone thought she was going to have a heart attack."



The Chronicles of the Colon:

Use a colon before a list, or before an explanation that elaborates on what precedes it. Think of the colon as a gate, inviting you to go on.

"For the excursion to the museum please bring the following: a raincoat, sunhat, recess and lunch, and a notebook and pen."



Homophones. They're a confusing bunch, or are they?

They're vs. their vs. there

- "They're" is a contraction for "they are". *They're your shoes.*
- "Their" is a possessive adjective. *I love their puppy.*
- "There" is the opposite of here. *There is my school bag.*

Your vs. you're

- "Your" is a pronoun. *I like your haircut.*
- "You're" is a contraction for "you are". *You're my friend.*

To vs. too vs. two

- "To" indicates direction. *I am going to school.*
- "Too" means as well. *My brother is coming along too.*
- "Two" is the number 2. *I have two teachers this year.*



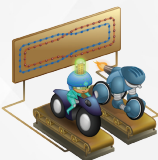
Me, myself and I.

- Use the pronoun "me" when you are the direct object of the sentence. *"If you need help, please contact me or Natalie."*
- Use the pronoun "I" only when you are the subject of your own sentence. i.e. when the sentence is about you or you are taking action. *"I did my homework."*
- Use the pronoun "myself" when you are the direct object of your own action or you've referred to yourself earlier in the sentence. It's called a reflexive pronoun. For example: *"I made myself breakfast" not "My friend and myself made breakfast."*

HINT: In "someone else and me/I" situations, think about how you would write the sentence if you were the only one in it.

"My co-worker and I went to lunch." Is "I went to lunch" correct?

Indeed! Then you know you have the correct pronoun!

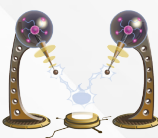


Double Trouble!

Don't know nothing about double negatives? All the more reason to learn!

Avoid using two negatives in one sentence, or you will end up saying the opposite of what you mean. A double negative is usually produced by combining the negative form of a verb with a pronoun, adverb or conjunction.

Example: *I didn't do nothing to nobody.* The correct way is: *I didn't do anything to anybody* or *I did nothing to nobody.*



The Importance of Editing

Editing your work makes a big difference. It is important that you always check your spelling, punctuation and word usage. Here are a few reminders:

- Check for full stops at the end of sentences.
- Only use capital letters for the start of sentences or proper nouns.
- Consider your audience. Don't be too formal or casual.

Some common errors:

- "Alot" is not a word. Correct use is "a lot", two separate words.
- Don't confuse then with than.
Example: *Eat your dinner and then you can play outside. Angus is taller than Jaiden.*
- Check brought and bought.
Example: *I brought my racquet for the game. I bought lunch at the shops.*
- Check affect and effect. Affect is a verb, effect is a noun.
- Check commonly misspelt words such as weird, lose, until, friends, because, definitely, tomorrow, embarrass, which, were, who, already, off, of.



Healthy body. Healthy mind.

The history of human evolution shows a definitive link between our physical health and psychological well-being. If we look back to our ancestors, Ancient Greek philosophers advocated the importance of a "Sound Mind in a Sound Body" and this philosophy still reigns today. The importance of maintaining a healthy mind and body is pertinent for young minds, especially when considering the relationship between health and academic excellence.



Healthy Eating
 +
Physical Activity
 =
Improved Academic Performance

Research has shown that the academic success of students is strongly linked to their health, with healthier students being better learners. Students who are more physically active and consume a balanced diet perform better in school than those who do not. Here are a few fun facts:

- Students who eat breakfast have better attention and memory.
- After just 20 minutes of physical activity, brain activity improves.
- Aerobic exercise is great for body and brain. Not only does it improve brain function, but it also acts as a "first aid kit" on damaged brain cells.

But being healthy is not just about being fit and physically active, it is equally about exercising your brain. According to David Rock, CEO of the Neuro Leadership Institute, our brain needs to enjoy seven types of experience in order to function at its best:

Deep Focus

Focusing deeply on a project is one type of thinking. While it feels like this kind of thinking is helping us get things done, it is actually also giving our brain much needed exercise.

Connecting time

This is connecting to anything – other people, nature or the wider world.

Down time

Down time is anything not goal-focused: reading, a mundane task such as washing the dishes, or just relaxing on the couch. "This is allowing yourself to mind wander and reflect." (David Rock)

Time in

Time in can include reflecting on deep thoughts with your family, meditating or anything that enables deep thinking. "Time in allows your brain to, in a sense, reorganise itself through reflection." (David Rock)

Play time

Enjoy a few good laughs with close friends, attend a comedy night or play with a child.

Physical time

Your brain benefits tremendously from physical activity, particularly aerobic activity. Exercise oxygenates the brain and helps to flush out toxins, whilst activating regions of the brain that otherwise don't get used.

Sleep

Sleep is an active process of reorganising your brain, strengthening and reorganising connections. Sleep is also helpful for creativity and coming up with insights.

Start your health journey today – get your brain, body and your mind fit!



Beat the morning blues



Does each morning turn into a desperate race against time to get the kids ready, out the door and off to school? This often-chaotic morning ritual has the capacity to leave even the most seasoned professional pulling out their hair! To help alleviate this, we have put together some tips to help beat the morning rush:

The night before

1 Make and pack lunch.

To ease the congestion of tasks in the morning, try making your kids' lunch in the evening. Those sandwiches and apples will feel right at home in the fridge overnight.



2 Organise uniforms/clothes and school bags.

There is nothing worse than trying to find a fresh pair of socks at the crack of dawn. Head – or better yet, send the kids – to the wardrobe the night before and get together their outfits for the next day. Make sure bags are packed with (completed) homework, any overdue library books and permission slips. Oh... and don't forget to ask the dog nicely to return any school shoes that he has turned into a chew toy.



3 Create a bedtime routine.

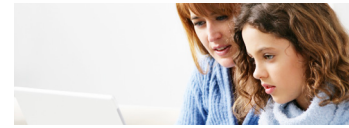
Kids need sleep. It is necessary for their development, both physically and psychologically. Make sure a reasonable bedtime is set (and adhered to) so your kids get enough sleep. It is also a good idea for parents to set themselves a (flexible) bedtime to wake up fresh for the day ahead.



4 Invest in multiple alarm clocks.

In addition to your own alarm clock, buy clocks for the kids. This will get them in the habit of setting alarms, getting themselves up in the morning and it acts as a safeguard for when you press the snooze button too many times.





Beat the morning blues (cont.)

In the morning

5 Get yourself ready before the kids.

This will mean missing out on a bit of sleep but it will be much easier to help out with your kid's morning preparations if you are ready yourself.



6 Create a morning schedule.

Map out a morning schedule which outlines what tasks are to be completed in the morning and what order to complete them in. For example, you might want the kids to be dressed before they have breakfast. To aid in the following of the schedule, make sure the family wakes up at the same time each morning. This will ensure tasks are being completed on time every morning.



7 Enjoy a simple yet healthy breakfast.

Starting the day with a good breakfast is vital for kids to maintain attention throughout the day. Work out the healthiest and easiest option for your family – this might be cereal and fruit, for example.



8 The less distractions, the better.

Eliminating any distractions that stand in the way of you getting the kids out the door will be helpful. Say goodbye to early morning cartoons.



9 Work together.

If you have a partner, divide the morning tasks between yourselves. Someone can tackle the breakfast while the other handles dressing the kids, for instance.

Take it one step further and teach your kids how to dress themselves, make themselves breakfast, brush their teeth and how to do their hair. Many hands make light work!

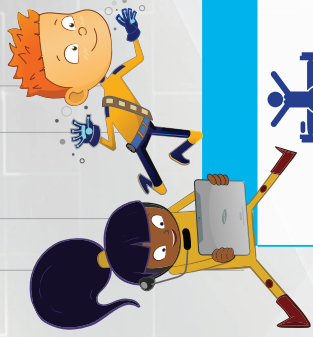


10 Allow more time than you need.

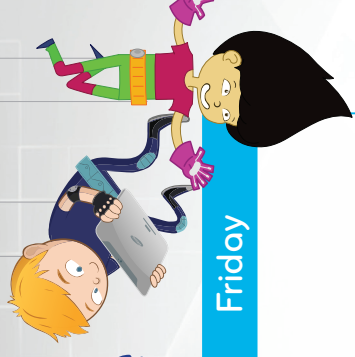
Finally, always allow more time than you need. I know, I know... it will mean waking up earlier but you will be thanking us when the kids are at school early for a change.









On the next page is an easy to follow morning schedule for your kids.





_____ 's Morning Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday
 Wake up					
 Make bed					
 Get dressed					
 Eat breakfast					
 Brush teeth					
 Comb hair					
 Gather things					
 Head out the door					





powered by



3P Learning

3P Learning Australia Pty Ltd

Level 2, 124 Walker Street

North Sydney, NSW

Tel: 1300 850 331

customerservice@3plearning.com.au

www.3plearning.com

