

PARENT SUPPORT PACK



WELCOME

SKERRIES COMMUNITY COLLEGE

At Skerries Community College, we are committed to supporting students not only in school, but also at home.

As part of our School Self-Evaluation (SSE) process, we are focusing on improving attendance, punctuality, consistency, and student wellbeing.

We recognise the vital role parents and guardians play in supporting students' learning.

This pack is designed to provide simple, practical strategies to help your child develop positive habits around homework, study, and organisation.

Small, consistent steps at home can make a big difference.



ATTENDANCE + PUNCTUALITY

Regular attendance and being on time are essential for learning (ERSI, 2026).

Why it matters:

- Going to school every day has the biggest impact on how well you learn.
- Good attendance gives you the best chance of moving on to further education.
- Attending regularly helps support your mental health and overall wellbeing
- Students who attend regularly perform better
- Missing class leads to gaps in learning
- Punctuality sets a positive tone for the day

You can support by:

- Establishing a consistent morning routine
- Encouraging early preparation the night before



SUPPORTING HOMEWORK AT HOME

Homework helps students consolidate their learning and develop responsibility.

You can support your child by:

- Encouraging a **regular homework routine** (same time each day)
- Providing a **quiet, comfortable space** where possible
- Providing **support and encouragement**.

Helpful questions:

- “What did you learn today?”
- “What homework do you have?”
- “Is there anything you’re unsure about?”
- “What’s your study schedule for the evening?”

Homework Checklist:

Homework written down

Started on time

Completed to best effort

School bag packed for the next day



HOW STUDENTS LEARN BEST: WHAT RESEARCH TELLS US

Recent research in education shows that there is no single “type of learner” (e.g. visual or auditory). Instead, all students benefit from using a set of proven study strategies that actively engage their thinking and memory.

These strategies help students remember more, understand better, and feel more confident in their learning. The most effective strategies are:

1. Retrieval Practice (Active Recall)

Actively bringing information to mind rather than just re-reading notes.

Examples:

- Using flashcards (question on one side, answer on the other)
- Closing the book and writing down everything remembered about a topic
- Answering questions without looking at notes

Why it works:

It strengthens memory and helps information stick long-term.



2. Spaced Practice (Little and Often)

Studying over time instead of cramming everything at once.

Examples:

- Reviewing a topic several times across a week
- Studying for 20–30 minutes a few times a week instead of one long session
- Revisiting older topics regularly

Why it works:

It gives the brain time to process and store information more effectively.

3. Interleaving (Mixing Topics)

Switching between different topics or subjects while studying.

Examples:

- Doing a mix of different maths problems
- Studying two or three subjects in one session
- Alternating topics instead of focusing on just one

Why it works:

It helps students apply their knowledge more flexibly and improves problem-solving.



4. Elaboration (Explaining Ideas)

Thinking more deeply about learning by explaining and making connections.

Examples:

- Asking “why does this happen?”
- Explaining a topic in their own words
- Linking new topics to something already learned

Why it works:

It builds deeper understanding rather than surface learning.

5. Self-Explanation

Talking through how an answer or solution was reached.

Examples:

- Explaining steps when solving a maths problem
- Talking through how they worked out an answer
- Describing their thinking out loud

Why it works:

It helps students process information and identify gaps in understanding.



6. Dual Coding (Words + Visuals)

Combining written information with visuals.

Examples:

- Drawing diagrams or timelines
- Using mind maps
- Adding simple sketches to notes

Why it works:

It helps organise information and makes it easier to remember.

7. Metacognition (Thinking About Learning)

Being aware of what you know and what you need to improve.

Examples:

- Checking what they can remember after studying
- Identifying topics they find difficult
- Adjusting how they study based on what works

Why it works:

It helps students become more independent and effective learners.

Key Messages for Parents

- Not all study methods are equally effective
- Passive methods (like re-reading or highlighting) are less helpful
- Active strategies (like testing yourself) are more effective
- These strategies work for all students

Simple Takeaway

“The most effective study happens when students actively think, practise, and revisit their learning over time.”



CREATING A STUDY ROUTINE

A good routine reduces stress and improves focus.

Tips:

- Study in **short blocks (20–30 minutes)**
- Take **regular breaks**
- Spread subjects across the week

Example:

- 25 minutes study
- 5-minute break
- Repeat

Consistency is more important than long study sessions. Encourage the use of a study plan, you can use the template below.



HOMework

Planner



Monday..... to Friday

[illegible]



Study Planner



Date

Week

Monday

Goals

Tuesday

To Do List

Wednesday

Thursday

Friday

Priorities

Saturday

Sunday



MANAGING SCREENTIME

Phones and devices can make it difficult for students to focus.

Suggestions:

- Agree on **phone-free homework time**
- Keep devices out of reach while studying
- Avoid screens before bedtime

Helpful approach:

“Let’s agree a time to focus on homework first, then relax after.”



SLEEP + DAILY ROUTINE

Sleep has a major impact on mood, focus, and attendance.

Teenagers need:

- **8–10 hours of sleep per night**

Support your child by:

- Encouraging a **consistent bedtime**
- Limiting screen use before bed
- Keeping a regular morning routine

Good sleep supports:

- Punctuality
- Concentration
- Wellbeing



SUPPORTING WELL-BEING AND MANAGING STRESS

Students can feel overwhelmed by schoolwork, tests, and deadlines.

Signs of stress:

- Avoiding homework
- Feeling anxious or frustrated
- Changes in mood

How you can help:

- Encourage small steps:

“Let’s just start with one thing.”

- Listen without judgement
- Reassure them that it’s okay to ask for help

You don’t need to have all the answers — your support matters.



SUPPORTING ORGANISATION

Organisation helps reduce stress and improve confidence.

Encourage your child to:

- Use their **journal regularly**
- Check what is needed for the next day
- Plan ahead for homework and tests

School Bag Checklist:

Books & copies

Homework completed

Equipment ready



TALKING TO YOUR CHILD ABOUT SCHOOL

Simple conversations can make a big difference.

Try asking:

- “What was the most interesting thing you learned today?”
- “What’s coming up this week?”
- “Is there anything you’d like help with?”

These open questions encourage communication and reflection.



PREPARING FOR EXAMS AND ASSESSMENTS

Students feel less stressed when they know what to expect.

Encourage:

- Starting study early
- Breaking topics into small sections
- Using class plans and teacher guidance

Regular review is more effective than last-minute cramming.



WHERE TO GET SUPPORT

If your child is finding things difficult, support is available.

You can contact:

- Class Tutor
- Year Head
- Guidance Counsellor
- Subject Teachers

We are here to support both students and parents.



FINAL MESSAGE

We value the role parents and guardians play in supporting learning at home.

By working together, we can help students build positive habits, reduce stress, and reach their full potential.

Small, consistent actions make a big difference.

Thank you for all that you do.

