

PARENTS AS PARTNERS THE BEGINNING OF THE JOURNEY SETTLING IN AT MES CAIRO



FS1

It has been a hive of activity in FS1 this September, as all of our youngest children have been adapting to their new learning environment. We started off with our Orientation Experience where parents were invited into the classroom with their child. It is lovely for the parents to share their child's first experience in their new class. Our parents had a great time interacting with the class teachers and playing with their children in the classrooms in preparation for when they would start the following week.

It has been wonderful to see so many children settling in so quickly, making new friends and showing such resilience and adaptability. We have seen a great deal of progress in their confidence with the new surroundings and routines in such a short space of time. We are all excited to see what the future holds for this cohort of FS1 students, we have such a lovely and vibrant bunch of children and we are sure to have a successful year together. What a pleasure to be a part of the foundations of their learning journey here at MES Cairo!

Ms G Harrison - FS1 Violet Teacher and YTL







Partnership between home and school



**‘In a partnership, it takes two hands to clap’.
The school is one of the hands and you are the other.**

Research has shown

- Parents and families play a major role in the success of their child’s education
- Home-school partnership improves student academic, and emotional achievements and progress
- It improves students’ self-regulation, social skills, behaviour and discipline
- There are better rates of school attendance
- Students’ feelings of competence or capability, positive engagement and motivation to learn and resilience in which students seek challenging tasks and persist with academic challenges is higher when home and school work in partnership

So how can we work in partnership to ensure the best possible outcomes for all students at MES Cairo?

Good habits

During the school day, our curriculum allows all students to engage in a variety of teaching and learning experiences which focus not only on academic excellence but also on developing the social, emotional and physical skills of the students from FS1 through to Year 6 and then into Secondary.

How can you support this at home

Every family is unique, however, parents should create the best possible environment at home for their children and their education.

- Routines are essential - before/after school, bedtime routines, sleep and diet
- Attendance, including arriving at school on time, is also important and helps your child settle quickly into the school day as well as setting good habits for the future
- Good habits will ensure your child is ready for school and ready to learn

Uniform



Our uniform policy clearly outlines our expectations of what students are required to wear when at school or when representing MES Cairo outside of school. Our students should be proud to be an MES Cairo student and wear their uniform with pride.

How you can support with this at home:

- It is my belief that when students wear the correct uniform it sets the tone for how they feel about themselves, how they treat others and property/resources
- Ensuring your child/children come to school in the correct school uniform shows they are ready for learning.

Behaviour

We set very clear expectations of behaviour at MES Cairo. We use the restorative approach in dealing with behaviour and focus on positive behaviour; however, students also need to understand there are consequences should they not be meeting our expectations.

How you can support with this at home:

- Help children manage their behaviour
- Allow your child/children to talk about their feelings, owning their feelings and knowing how to act when these feelings occur
- Set clear expectations of behaviour and explain why we have to make good choices
- Talk about what good choices look like and sound like
- Children need to know there are consequences if their behaviour is not meeting the expectations
- Praise positive behaviour
- Be consistent - it may be hard work; however, the time and effort you put into being consistent will pay off
- As parents/caregivers you are the role models



Nurture Emotional and Social Skills

Through supportive partnerships between home and school, children learn how to think, understand, communicate, behave, express emotions and develop social skills - these help to shape your child's world view and will determine how they express themselves.

How you can support with this at home

- Understanding and managing emotions are key factors for your child/children's success in school and in life
- Encourage open discussion about feelings and emotions
- Promote respectful communication
- Promote active listening skills
- Provide opportunities for social interaction with peers; this is one of the best ways to develop and nurture social skills such as communication, taking turns, sharing etc

By working together, we are preparing every child for success and a bright future.

We look forward to working with you in partnership.

Mrs C Readman - Headteacher of Key Stage One

KEY STAGE ONE NEWS

MES CAIRO PARENTS AS PARTNERS

The Importance of Healthy School Lunches



Throughout the first part of Term 2, parents of KS1 and FS2 students were invited into school to take part in a workshop focusing on the importance of providing their children with a healthy school lunch each day. Parents shared their success stories and concerns with each other before listening to some scientific facts and advice relating to healthy food choices and the impact of these on mood, learning readiness and academic achievement. Tips were shared about how to plan and prepare healthy lunches.

In KS1, the parents then used the resources provided to plan a menu of lunches for the following week, alongside their child. This plan included a handy shopping list to ensure all required items were available at home. In FS2, the students worked with their parents to draw and label a healthy lunch box. By including children in the planning and making of healthy lunches, teachers see that the students are much happier to eat all the food that is in their lunch box and then return to class ready to learn. For those parents who were unable to attend, the presentation and resources have been shared on Google Classroom.

It was lovely to see the buzz in the room as parents and children worked with each other. We are looking forward to continuing this tradition next year.

Ms H O' Neill and Ms M Glancy - Primary Assistant Headteachers

Developing decision making for children

Decision making is an important skill to teach children and can be taught from an early age.

Decision making involves making thoughtful choices and finding a solution to a given situation or problem. Decision making will:

- Teach children responsibility
- Nurture creativity
- Encourage a sense of value
- Promote physical and social well-being
- Make children independent and confident

How do we teach children decision making skills?

Questioning

- Children are naturally inquisitive
- Encourage your child to ask questions about the world around them
- Answer your child's questions accurately and patiently
- Use questions that make them think

Choices

- Giving children choices develops their decision making skills
- Provide you child with choices that are age appropriate
- Consider these two questions: "Which socks do you want to wear today?" and "Do you want to wear the red socks or the blue socks?" The first question gives the child too many options which can be overwhelming. The second question is simpler, allowing the child to decide on the choice successfully



- As children grow older, you can give them more choices until they are able to make a decision based on a range of options
- Practising making good choices and taking small steps from a young age helps develop a child's reasoning skills
- A question such as "Why do you think that's the best choice?" can be helpful

Exploring different ways to solving problems

- Allow time for your child to figure things out for themselves and try not to do it for them
- Support them and offer guidance and encouragement where and when necessary
- This will require patience on your part, but it will ultimately help them learn

Using games to teach decision making

- Using games is a great way to teach children good decision making as it allows them to see the results of their decision in 'real-time', based on whether they win or lose which in turn will help them learn better
- Play simple games like naughts and crosses, musical chairs or hide and seek

Learning from mistakes

- Children will make mistakes, so it is important that you don't pressure them to make the right decision all the time
- Help your child learn from their mistakes by talking to them about what they might do differently next time
- Asking questions like, "What could you do if you find yourself in this situation again?" and "How do you think the other person might feel in that situation?" will help your child reflect on their actions and help them to learn to do things differently

Involving children in correct decision making is well worth the time and effort and is an essential part of their lifelong journey. Children, even from a young age, should be expected to demonstrate responsible behaviour and make good and wise decisions that are appropriate for their age. If children are educated about the decision making process, they will gain experience which in turn will shape them positively into the type of young person and adult they will become.

Ms C Readman - Primary Headteacher, Key Stage One

