



How Can Parents and Carers Help?

We are always keen to welcome parents and carers, wherever possible, into school life.

If you are interested in volunteering in school, please contact the school office or Mrs Lennon and we will be pleased to discuss options with you.

Parents regularly help with a range of activities such as reading with children, helping out in class, participating in games, sewing, cooking, school outings, concerts and whole school events. In order to safeguard our children we may require parent volunteers to be DBS checked, the school office can help you with this.

Communication with Parents and Carers

As a staff we endeavour to establish a good relationship with all parents and carers. We have open evenings during the school year so that we can meet with parents and carers to discuss their child's progress. Every child is invited along so that they are directly involved in reviewing progress in their learning and setting their own targets to work towards.

All children receive reports at the end of the school year.

If you have a concern with your child then please contact their class teacher to make an appointment to meet them. You may also communicate with your child's teacher through your child's home school diary. If you require some further support then please arrange to speak to a member of the Senior Leadership Team. Teaching staff are usually available after school.

Supporting Your Child's Learning

There are many ways in which you can support and encourage your child to do well at school.

This may include:

- Play with and talk to your child. Ask them about their day, what they did and what they enjoyed. Talk to your child as much as possible. It is very important to talk in your own 'mother-tongue', even if this is not English. This will enhance your child's capacity to learn other languages and learn difficult concepts later on in life. Talking in full sentences is very beneficial too.
- Read bedtime stories to your child as often as possible. Talk about the pictures and the stories with your child.
- Regularly visit your local library and select fun books to read with your child.



- Limit the amount of time your child watches television. Research has shown that children who watch a lot of T.V. have a less developed vocabulary and do less well at school.
- Take your child to parks and museums. They are free, and are great fun!
- Make sure your child gets enough sleep. Children up to 10 years may still need up to 10 hours sleep a night.
- Support your child with their home learning. If you are unsure about a task yourself, please do not hesitate to ask for help at school.
- Make sure your child eats a healthy diet. If your child takes a packed lunch to school, ensure it contains appropriate food, such as sandwiches, yoghurt and fruit. Please do not give them chocolate, crisps, biscuits or cakes.
- Walk to school if possible; ensure your child gets regular exercise.
- Make sure your child attends school every day, unless they are unwell.
- Make sure your child is dressed appropriately for school; this includes a warm coat in the winter and suitable footwear. See the section on our website for more information.

Anti-Bullying Guide

At Meridian Angel we believe that all pupils have a right to learn in a supportive, caring and safe environment, without the fear of being bullied. We promote high standards of behaviour. It is made clear that bullying is a form of anti-social behaviour; it is wrong and will not be tolerated.

Refer to our Behaviour policy, which has a section on Anti-bullying.

Parenting Support in Enfield

Parenting Support Unit supports parents/carers with children/young people aged up to 18 years, living in or attending an educational setting in Enfield.

They work in schools, children's centers, family homes and in the community.

Their aim is to listen, support and advise by offering practical parenting strategies, individual programmes and workshops.

They also aim to empower parents/carers, by running accredited parenting programmes such as ESCAPE and Strengthening Families Strengthening Communities.

They also work alongside community, voluntary and statutory, organisations and services to provide a range of information, advice and support.

For more information please call your local Community Parent Support Advisor 020 8372 1200 or email it to parent.supportservice@enfield.gov.uk