

School and learning

When our young ones go to school, it's not just helping them – it's helping us too!

When our gundoos attend school regularly and get a good education, it has a positive effect on our social and emotional wellbeing as adults.

That's because when children are at school, they're learning and growing in lots of ways – physically, intellectually, socially, and emotionally. And it makes us feel good to see our gundoos thriving and succeeding.

Getting children to school every day can be hard. For example, if parents didn't have a good experience in school or they don't feel like they belong, this can make it harder to get involved with the school.

It can also be difficult if parents are feeling stressed, grieving, or having other issues with their own wellbeing.

And for children... if they're worried, having a hard time in school, or having problems with other children, it can be even harder to get them to go.

It's important to understand why children find it hard to go to school so we can create an environment where they feel safe and supported.

So, how can you encourage your child to go to school?

It's really important for young ones to get enough sleep, and go to school every day with a healthy lunch.

As parents, we need to make sure we're taking care of ourselves too. That means eating well, getting enough sleep, and avoiding bad habits like drinking alcohol, using drugs, or gambling.

It's really helpful for children when their parents get involved in their school, like getting to know their teachers and attending school events. You can also ask about services available to help with learning and social-emotional wellbeing. All of these things can make school a better place.

And how can you help your child learn and do their best in school?

You can help promote your child's learning by spending time with them... reading, talking, listening to them, telling stories and playing together.

Remember, we are our gundoos' first teachers.

Try to set up a space for them to do their homework and have books and supplies close by.

Show your interest in their school life by asking about their day and talking to them about events, problems, and successes they have in school. Even if they don't want to talk right away, don't give up – keep asking.

The more you show your support and interest in their education, the better they'll do in school.