

### Independence Month!

We hope you and your children have had a good start back into the school routine. As you know, we have a new Redwell value each month. This month, our value was INDEPENDENCE. As a school, we want to help your children to become happy, life-long learners, who are independent, confident and able to pursue their hopes and ambitions. Age-appropriate responsibilities help children to have good self-esteem and to grow in their independence, making both you and them happier.

### Setting goals

Part of being independent means aiming for things we want to do. Setting goals can help us achieve and grow in confidence. Here's some advice from Northamptonshire's Educational Psychology Service on setting goals.

**GOALS** can motivate and excite us.

**GOALS** can provide meaning and purpose to life.

**GOALS** achieved can give a sense of wellbeing and accomplishment.

Ask yourself...what is your most important goal over the next week? It may be tidying a cupboard, sorting photos, planning a project, doing an activity with your children or something else.



Make a list of your goals – do this for yourself first and then ask the children to do the same. Write down your goals for the longer term, too – what might you like to be doing in 2, 5, 10 years?

### What should my child be able to do?

Each family varies a little in how responsibilities are divided up – and that's OK! After all, every family is unique. However, if you're looking for a guide on what responsibilities to give your children, here are some ideas. Younger children may enjoy helping, just because they like being with you. For older children, if you make helping out a game or offer a reward, your children will see chores as a positive part of family life. After all, many of us need motivation to do the dusting sometimes!

Age	Able to...
2-3 years old	Make the bed. Pick up toys and laundry. Help feed pets. Help wipe up messes. Help with dusting, using socks on hands.
4-5 years old	+ Clear and set the table. Help carry and put away shopping. With help, wash face and brush teeth. Dress themselves. Put on coat.
6-7 years old	+ Look after pets. Hoover. Take out rubbish. Make bed. Do up buttons, zips and do shoe-laces without help. Pair socks.
8-9 years old	+ Help with washing-up or the dish-washer. Rake leaves or weed. Fold and put away laundry. Change bedding.
10-11 years old	+ Help wash the car. Help prepare simple meals.

From this month, we will be moving to a monthly Parent Newsletter. If we can help you or your family with anything, please remember you can contact our pastoral team at any time.

You can call the Pastoral Team on 01933 676040 or email  
[pastoral@redwellprimary.co.uk](mailto:pastoral@redwellprimary.co.uk)