

RRS Community Home School Agreement

We are asking parent/carers and your child to sign and return the attached Rights Respecting Charter to show your commitment to your child's well-being.

These need to be returned to your class leader by Monday 21st October 2024.

Article 3 - The best interests of the child must be a top priority in all things that affect children.

Child's Name: _____ Class: _____

Nutrition- promoting healthy eating habits

- Reduce the amount of processed foods you give to children and encourage more fruits and vegetables in a creative way.
- Attend workshops on healthy eating.
- Balance how much added sugar children have.
- Monitor the types of foods your children are mostly eating.



Movement- ensuring children get enough exercise every day.

- Walk to school if you live within the 10 minutes walking blue zone.
- Ensure children have movement breaks at home.
- Ensure your child has the correct PE Kit.
- Take more opportunities to be out in nature with your children. We are lucky to have Wanstead and Valentines Park near us.
- Encourage your children to try new sports to help them get more active.



Connection- helping children to develop healthy relationships with others.

- Support children in joining more clubs.
- Showing and modelling respect for all backgrounds and beliefs, promoting a 0 discrimination approach.
- Always talk to the teacher if you are worried about emotions/ friendships and school relationships
- Support your child to build friendships outside of school e.g. day trips together, sleepovers, birthdays.
- Promoting the importance to your child of having a wide range of diverse friendships and connections.



Purpose- nurturing your child to express who they are.

- Nurture self-belief of children.
- Full attendance.
- Reading at least 20 minutes every day.
- Attendance at morning clubs if required.

Social Media- Keeping children safe.

- Reduce online time to maximum 1 hour per day.
- Monitor your child's online use very carefully.
- No access to TIK TOK, Discord, YouTube adults, Instagram, Snapchat, Facebook and Roblox.
- Monitor YouTube Shorts as language can be very offensive.
- Attend parent workshops
- Challenge your children if they are repeating language used on social media that is discriminatory.



Signed:

Class Teacher:

Parent/Carer:

Child:

