



Woodlands International College

Junior College Newsletter

24 May 2019

Dear Woodlands Family,

This week, I wanted to continue the theme of being involved with your child. A few years ago (quite a few now, I guess) I published a little booklet called "Involvement As Part of Great Parenting" where I discussed all the factors relating to being involved with your child(ren). Why it is so vital and what the ultimate benefits will be...

As a part of the booklet, I created a few questionnaires, relating to Pre-school, Primary and High School children. I have reproduced the Primary School questionnaire for you to complete. Don't take it too seriously ☺, it's just a guide to some ideas of being involved with your child. Good luck!

PARENT INVOLVEMENT CHECKLIST (Primary school)

Give yourself a score from 0 to 4 for your level of involvement with your child(ren) in all of the following areas:

1.	Eating meals together, (breakfast, supper etc). If you eat breakfast and supper together at a table at least 4 times a week give yourself a 4. If you never sit at a table or eat fewer than 2 meals together, you'll have to give yourself a 0! Between 0 and 4 for anything else.	
2.	Reading to your child(ren) at least 4 nights a week for at least 20 minutes, give yourself a 4. 3 nights a 3....you get the picture...	
3.	Checking/helping your child(ren) with their homework. Everyday - give yourself a 4.	
4.	Spending at least 8 hours of exclusive time with your child(ren) a week. Obviously including a weekend – playing games, riding bikes, playing Play Station together, etc. Give yourself a 4. No exclusive time at all - give yourself a sad 0!	

5.	If you attended at least 4 school functions last year (parents' evenings, sports events, etc) give yourself a 4.	
6.	If you have at least 2 nights a week where you do not switch your TV on before your children are in bed, give yourself a 4. If your TV is on every night give yourself another one of those sad 0s.	
7.	If you know the names of at least 4 of your child(ren)'s friends/classmates, give yourself a 4.	
8.	If you praise your child(ren) at least twice a day for something, give yourself a 4.	
TOTAL:		

OK, check your report card.....

A+.....If you scored between 28 and 32 then either you aren't telling the truth, or you truly are a super involved parent and both you and your child will reap the benefits in the future – fewer behaviour problems, greater self-confidence, and a lifetime of open communication.

B.....If you scored between 17 and 27 then you are definitely on the right track. Try to find a few extra minutes a day – your children need you (and that nagging feeling of guilt will go away.....).

F.....Less than 17! Man you are going to have to pack away those golf clubs (for a while at least!), resign from the book club, give back your Gold/Platinum/Black shopping card.....You know what I mean.

So, remember, it's never too late to become involved with your child. If you are not involved with your Primary School child, it will be almost impossible to suddenly become involved with your High School adolescent....

I still have a few copies of the original booklet left (a little dated now, but everything still applies), so if you would like one, please let me know. It will be first come, first served, and I really only have a few left.

So remember, never, ever, give up.

Dr G Pienaar

A handwritten signature in black ink, appearing to be 'Dr G Pienaar', written in a cursive style.