

## Emotional Support:

Current research tells us that students get the most out of education when they are being emotionally supported at home and have a sense of belonging in their community.

The following documents show that being emotionally supported is important in gaining a successful education.

Without emotional support students can fall behind their peers and become disengaged from the learning happening in the classroom.

Not all of our students feel emotionally supported. **Some simple ways to provide emotional support** for your student are:

- Maintain regular contact through family mealtimes spend time talking together.
  - Make sure they have someone to confide in.
  - Help young people feel loved and loveable.

Some important points to remember are students need:

- Regular sleep times and patterns,
- Eating healthy food, exercising, relaxation

The first document 'Relieving the stresses and pressures on kids' is written by Michael Grose and outlines 6 strategies to help your student in the stresses of school and life.