



LIONHEART
EDUCATIONAL
TRUST

AN INTRODUCTION TO THE 6Rs AND HOW TO IMPLEMENT THEM AT HOME



**GIVING YOUR CHILDREN THE VERY BEST START
TO THEIR EDUCATION IN PRIMARY SCHOOL.**



BROCKS HILL
PRIMARY



BROOM LEYS
PRIMARY



HALLAM FIELDS
PRIMARY



HIGHCLIFFE
PRIMARY



RIVERSIDE
PRIMARY

This is a guide, written by our staff and some of our foundation stage parents, as a means of introducing you and your children to the 6Rs before they start school.

ALL ABOUT THE Rs

Welcome to the Early Years Foundation Stage in the Lionheart Educational Trust. We're pleased you're joining our family of schools.

All our primaries follow the 6Rs which permeate throughout our schools, both in our academic and holistic offer to children.

The 6Rs are:

RESPECT

RESPONSIBILITY

RESOURCEFULNESS

RESILIENCE

REFLECTION

RECIPROCITY

We champion our children to become curious, creative, problem solvers who value learning and are motivated to learn to enable them to make the most of all opportunities in our global world.

THROUGHOUT THEIR TIME IN OUR SCHOOLS, WE TEACH THE CHILDREN TO BE ABLE TO:

- Identify how they learn, explain what they can do to extend their own learning and welcome challenge
- Make informed choices and discuss why learning is important
- Explain how they have transferred learning from one area to another e.g. problem solving... what strategies did you learn that you will use again? How could this be helpful in the future?
- Independently select resources and state why particular resources might be helpful or not
- Be resilient and cope emotionally in our ever changing global world
- Be ready to learn alone and with others

RESPONSIBILITY

In day-to-day family life, your children learn to be responsible for themselves, their belongings and the belongings of others. The same applies in school.

We praise and reward the children in school for showing responsibility.

At home, this might include:

- Tidying up their toys when they have finished playing
- Helping to set the table for dinner
- Putting their own clothes on
- Discussing their behaviour and the choices they make

Taking responsibility for their behaviour could be encouraged positively with the use of a reward jar. Have two jars, one full of pom-poms or buttons etc. and the other jar with a midway line. As children begin to take responsibility, the items can be transferred to the empty jar. Once the items reach the line, an agreed reward can be given.

These rewards don't have to cost anything. A trip to the park, a family bike ride or playing a game of their choice are really effective and educational rewards.

Rewards positively reinforce children taking responsibility for their own actions.

Taking care of yourself and others. Accountability, decision making and being dependable.



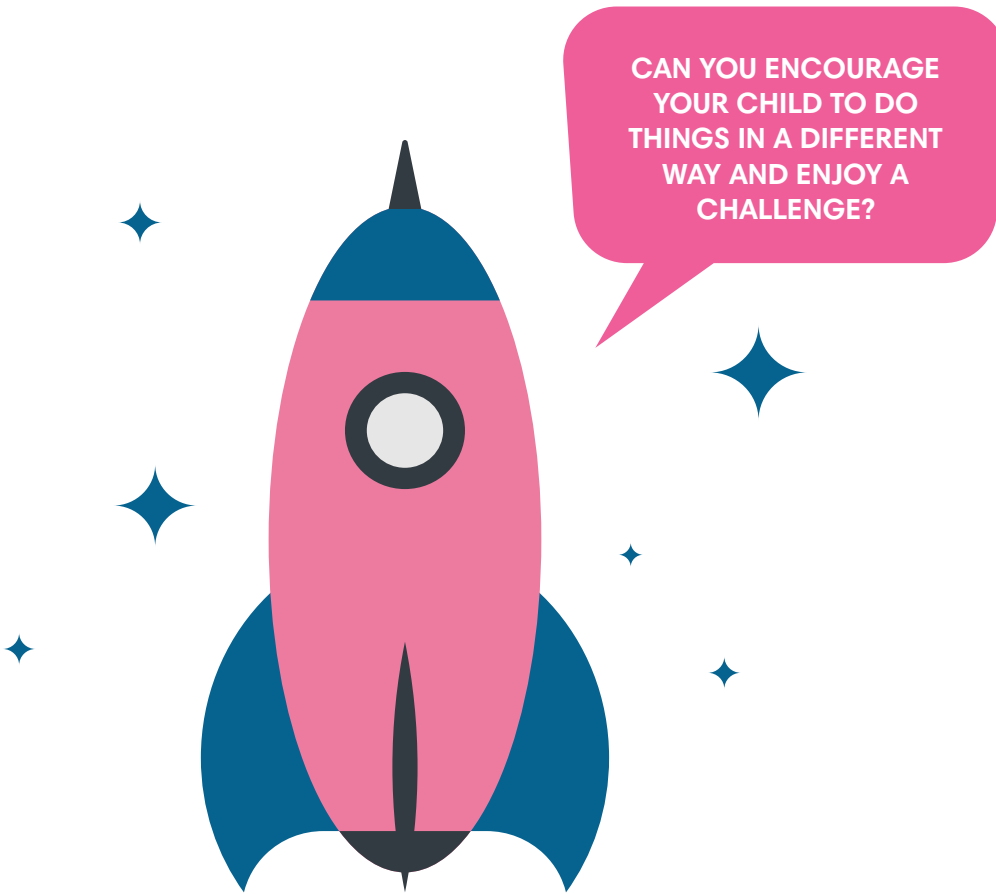
RESOURCEFULNESS

Children learn to be resourceful through;

- Active learning
- Play and exploring
- Creative and critical thinking

**Questioning,
making links,
imagining,
reasoning and
using varied
resources.**

One of our parents said: "My child has a set of dinosaur books at home. If he wants to know more about a certain dinosaur he knows to go and get a book. We always encourage him to do things for himself."



**CAN YOU ENCOURAGE
YOUR CHILD TO DO
THINGS IN A DIFFERENT
WAY AND ENJOY A
CHALLENGE?**

RESPECT

We all agree on the phrase “treat others as you wish to be treated”, therefore, if we as adults demonstrate this, our children in turn will appreciate its importance too.

Providing children with boundaries gives a child security and the knowledge to know what is expected. Be consistent - say what you mean and mean what you say.

**Honesty
and trust,
interdependence,
collaboration and
empathy.**

Boundaries give a child security. There are three different styles of parenting:



Feels:
Frustrated, Trapped, Isolated

Feels:
Confident, Happy, Secure

Feels:
Vulnerable, Insecure, Lost

At school we teach the children to be respectful to all children, adults and property. This can start at home through teaching your children:

- To remember their manners
- To share their toys
- To not damage or break toys and resources

One of our parents said: “We really try to empower our child to show respect to all and to be respected by his peers, but also giving him the knowledge that if he doesn’t treat somebody right that respect can be lost. We have tried to give him the knowledge through books and teaching him to respect his things as well as others.”

REFLECTION

Reflecting is a life-long skill. At school, reflecting takes many different forms such as:

- Critical thinking or planning
- What we have learnt and what our next steps are
- What went well and what needs to improve
- Behaviour choices
- Our likes and dislikes

Parents have suggested a weekly reflection where you talk about highlights of the week as well as some things that you might change.

Often, if you ask children if they had a good day, they simply reply “yes” or that they can’t remember. Instead, try asking these questions:

- Tell me about the best part of your day.
- What made you smile and laugh today?
- Did any of your friends do anything funny?
- Tell me about what you read in class.
- Who did you play with today? What did you play?
- What did you learn today?
- Did you try something new today?
- What are you looking forward to tomorrow?
- Who did you sit with at lunch?
- Which rules did you follow well today?

Planning and evaluating. Thinking about how we learn.

AS PARENTS, REFLECT ON YOUR INTERACTIONS WITH YOUR CHILDREN AND ENJOY THEM!



RECIPROCITY

Being part of a family requires everyone to work together and recognise each individual's skills and interests so that you can learn from each other. The same applies in the classroom!

Reciprocity is about knowing when to work together and when to work alone. It's about putting yourself in someone else's shoes. It includes collaborative working but also interdependence.

**Interdependence,
collaboration,
empathy,
listening and
imitation.**



As a family, you could share some time and tasks in your garden. Perhaps each family member could have set responsibilities such as planting, watering, weeding and measuring the growth. As the garden blooms and blossoms, your children will learn how you have shown reciprocity – working together as a team but with individual roles too.

RESILIENCE

Taking care of yourself and others, accountability, decision making and being dependable.

Encouraging resilience and allowing children to make mistakes is a really valuable life lesson. All children need to learn how to win and, importantly, how to lose.

At primary school we teach the children to value making mistakes because they help us to learn. Encouraging appropriate risk taking, and acknowledging that failure is as much a part of learning as success, is our role as an adult.

Our top tips for teaching resilience include:

- Always praise effort rather than achievements. Achievements are the by-product of effort and support.
- Play games and don't always allow your child to win. They need to grow up feeling comfortable with the feeling of not always winning.
- Model resilience to your children, such as when tying your shoe-laces. They will look up to you and mimic your responses.

A parent in our school community said: "We do this by asking questions, for example if he doesn't think he can do something we would ask "how could you do that?" With risk taking, the local parks are amazing, he is always encouraged to climb to the next step on the ladder, we try to do an exploring checklist once a month and I try to put something on there I know will push his boundaries, such as doing the climbing frame by himself."



REMEMBER TO...

SHARE A MOMENT WITH THEM

BE PRESENT

LISTEN CAREFULLY



SPEND TIME TOGETHER

MODEL IT



TEACH THEM
NEW WORDS

HAVE FUN

LOOK
INTERESTED
AND POP
DOWN YOUR
PHONE



PLAY WITH THEM

MAKE EYE CONTACT

ACT DAFT &
LAUGH LOTS

GET OUTSIDE

DONT INTERRUPT THEM



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