

5.-7. CLASS:
10-12 YEARS OLD

PARENTAL CONSENSUS

**ADDITIONAL
MATERIAL**



Heimili og skóli
Landssamtök foreldra

1 UPHOLD CURFEW HOURS AS STIPULATED BY LAW AND BE ATTENTIVE OF YOUR CHILD'S SLEEP REQUIREMENTS.

- According to article 92 of the Child Protection Act, children under the age of 12 are not allowed to be out in public unsupervised after 8pm. From May 1 to September 1, children's curfew time is deferred by two hours.
- According to article 94 of the same act, guardians are responsible for ensuring that their children adhere to juvenile curfew hours.
- Children need a good sleep to undertake the challenges each day brings. Parents are responsible for ensuring that their children arrive to school fully rested. Recurrent lack of sleep can lead to issues such as depression, loss of focus, diminishing grades, slower reflexes and decreased stamina. The standard sleep requirement for children aged 10-12 is around 9 hours.

3 TALK TO YOUR CHILD ABOUT THEIR SCHOOLDAY AND THEIR SCHOOLWORK. PROVIDE SUPPORT AND A GOOD ENVIRONMENT FOR ATTENDING TO HOMEWORK.

- A major part of a parent's job is to encourage and support their child's educational interest, which is directly linked with academic results.
- By taking an interest in children's school activities and talking about their day at school, children receive a positive message regarding the importance of their education.
- Parents need to monitor their child's academic progress so that they can intervene and contact the teacher if necessary.

Research shows that educational enthusiasm changes drastically when students transition from the youngest grade level to the middle grade level. Around age 12, enthusiasm for school tends to drop significantly, especially among more capable students.

2 TAKE PART IN YOUR CHILD'S SCHOOLWORK, LEISURE ACTIVITIES AND SPORTS AND COOPERATE WITH OTHER PARENTS.

- Parents working together has a positive result on schoolwork and helps to ensure students' happiness. It also improves students' maturity and produces higher academic results.
- It's important to increase the responsibility that students feel for their education, but at the same time parents should be aware of their own role and responsibilities in their child's education.
- A child's satisfaction, diligence and achievements in schoolwork, sports or other leisure activities go hand-in-hand with parental support. Being involved in your child's schoolwork, sports or leisure activities is one of the strongest safeguards available to parents.

4 BE AWARE OF BULLYING, INFORMING SCHOOL AND/OR PARENTS IF THERE IS SUSPICION THAT A CHILD IS A VICTIM OR PERPATOR OF BULLYING.

- Bullying can take many forms and can include anything from repeated teasing and physical violence to social exclusion.
- Children have a right to feel safe in school as well as on the way to and from school.
- It's important that parents practice active listening and believe their children and take their side. Parents must also help children gain the self-confidence and faith needed to believe that the situation can be resolved.
- If parents suspect that bullying is taking place, they are advised to immediately contact the child's teacher and ask that the school assists in finding a solution to the problem.
- More information regarding bullying can be found on heimillogskoli.is, saft.is, neteinelti.is, olweus.is and gegneinelti.is.

5 GET TO KNOW YOUR CHILD'S FRIENDS AND CLASSMATES AND CONTACT AND CONSULT WITH THEIR PARENTS.

- Parents spending time with their children supports healthier lifestyle choices among children and teenagers. It's important to establish these relations early and maintain them into adulthood. Children that are close with their parents are more confident and better at resisting bad influences within their age group.
- It's very important that parents get to know their children's friends and classmates. It's also important to get to know the parents of the children your child associates with so that you can work with them to tackle any issues that might arise concerning the children.

7 ENCOURAGE A HEALTHY CLASS ENVIRONMENT THROUGH MEASURES SUCH AS TAKING PART IN CLASS ACTIVITIES AND ENSURING EQUALITY IN INVITES TO BIRTHDAY PARTIES AND SO ON.

- Class festivities encourage parents to get to know one another as well as the class's students and teacher. They also offer parents the opportunity to observe how their child communicates with other class mates.
- Class representatives' role is to encourage an increased cooperation between parents, the teacher and students. They organize class activities, but it's important that as many parents as possible take an active part in the work.
- Make sure that no one is excluded from class activities or birthday parties.
- Ideally, a standard should be set as early as the fall regarding birthday invites and birthday present budgets.

6 BUILD YOUR CHILD'S CONFIDENCE AND SELF-RESPECT AND TEACH IT TO OFFER RESEPECT AND COMPASSION TO OTHER CHILDREN AND SCHOOL STAFF.

- Increase your child's confidence and trust in own ability through compliments and encouragement. Doing so teaches the child to have a positive outlook and drives it on in its efforts.
- Parents play a big part in shaping their child's view of education and school staff. Therefore, it's important that parents display a positive outlook to the child towards their school, their teachers and other school employees.
- It's important that the children show up to school on time.
- Trust and mutual respect play a major role in ensuring the contentment of students and school employees. Students and teachers that are content produce better work and better academic results.

8 MAKE SURE THAT CHILDREN ONLY HAVE ACCESS TO MOVIES, VIDEO GAMES AND ONLINE MATERIALS AT HOME THAT SUIT THEIR AGE AND DEVELOPMENT.

- According to article 94 of the Child Protection Act, parents and guardians are responsible for doing everything in their power to protect children from violent or sexual material or other unsuitable material, for example by obstructing their access.
- Parents are responsible for discussing the use of such materials with the child, explaining age limits and establishing specific rules regarding its viewing and use.
- Parents are encouraged to familiarize themselves with SAFT–Home and School's internet safety initiative–and the 10 Online Safety Guidelines that it offers (see saft.is). There you will also find a suggestion button as well as information regarding video game content and age recommendations.

9 EDUCATE YOUR CHILD ON THE USE OF NEW TECHNOLOGIES SUCH AS SMART DEVICES, COMPUTERS AND THE INTERNET, ESTABLISHING SPECIFIC RULES FOR USE.

- New technologies require that parents stop to consider how best to make use of them. It's important to teach children to safeguard their personal information.
- Teach children that online communications adhere to the same codes of conduct as other communications and set specific rules for such communications.
- It might be a good idea to make use of SAFT's Five Online Commandments to discuss such communications with your children:
 1. Everything you do online reflects who you are.
 2. Healthy communications are as important online as anywhere else.
 3. Do not take part in anything that you are unfamiliar with.
 4. Remember that you leave behind an online trail.
 5. You are responsible for the things you say and do online.

11 INSTILL EMPATHY AND OPEN-MINDEDNESS INTO YOUR CHILD TO EXPAND ITS VIEW OF SOCIETY AND TEACH IT TO BE RESPECTFUL OF OTHER PEOPLE'S CULTURE.

- No two people are the same. It's important to teach your child to be respectful of other people's opinions, looks and customs.
- Providing information and discussions at home teaches children to practice empathy and increases their open-mindedness and compassion.
- The parent is the first and most important role model of every child. The attitudes expressed by a parent towards those that are different is an important factor in shaping a child's point of view.

10 10. SET RULES REGARDING SCREEN HOURS, INCLUDING TIME SPENT WITH TELEVISION, COMPUTERS AND DEVICES.

- Parents must monitor the time that their children spend in front of a screen. Screen time takes time away from other activities, such as being outside, exercise, homework, communicating with others etc.
- It's also important that children not spend time in front of a screen right before they go to bed as it increases the likelihood of sleep disturbances.

