

YEAR 6: HEALTHY ROUTINES FOR SUCCESS

A guide for parents supporting children through Year 6, SATs and the move to secondary school

HEALTHY ROUTINES & WELLBEING

Year 6 is an exciting but sometimes challenging year. Alongside preparing for SATs, children are becoming more independent and getting ready for a new chapter at secondary school.

Healthy routines at home can make a real difference to your child's concentration, confidence, learning and wellbeing.

1. GET ENOUGH SLEEP

Good sleep supports **memory, concentration, learning and emotional wellbeing.**

Encourage your child to:

- ☐ Have a regular bedtime and wake-up time.
- ☐ Have a calm bedtime routine.
- ☐ Avoid screens close to bedtime.
- ☐ Prepare their uniform and school bag the night before.
- ☐ Get enough sleep rather than staying up late to revise.

 **Remember:**

A rested child is ready to learn!

2. EAT WELL & STAY HYDRATED

Children need regular energy to concentrate and learn throughout the school day.

Encourage your child to:

- ☐ Eat breakfast before school.
- ☐ Drink plenty of water.
- ☐ Eat a balanced range of foods.
- ☐ Include fruit and vegetables.

- ☐ Choose healthy snacks where possible.
- ☐ Limit sugary drinks and snacks.

💧 Please encourage your child to bring and drink water throughout the school day.

3. KEEP ACTIVE

Exercise is important for both **physical health and mental wellbeing**.

Encourage your child to:

- ☐ Walk, cycle or play outside.
- ☐ Take part in a sport or activity they enjoy.
- ☐ Have regular breaks from sitting.
- ☐ Spend time outdoors.
- ☐ Balance screen time with physical activity.

Why does this matter?

Being active can help children feel refreshed, improve their mood and return to learning feeling more focused.

4. MAKE TIME FOR READING

Reading regularly helps develop **vocabulary, comprehension, fluency and confidence**.

Try to encourage your child to read for around **20 minutes each day**, where possible.

You can support them by:

- ☐ Encouraging reading for pleasure.
- ☐ Asking them about what they have read.
- ☐ Discussing unfamiliar vocabulary.
- ☐ Asking them to explain their ideas.
- ☐ Sharing books and reading together.

Try asking:

“What makes you think that?”

“Why do you think the character did that?”

“Can you find evidence in the text?”

5. LOOK AFTER MENTAL WELLBEING

Year 6 children may experience worries about SATs, friendships, change and starting secondary school.

Make time to:

- ☐ Ask your child how they are feeling.
- ☐ Listen to their worries.
- ☐ Encourage them to talk about their feelings.
- ☐ Make time for relaxation and family activities.
- ☐ Celebrate effort and progress.
- ☐ Remind them that mistakes are part of learning.

A VERY IMPORTANT MESSAGE

SATs are only one part of your child's journey.

Your child is not defined by a test score. Encourage them to be **positive, resilient and proud of their progress.**

6. KEEP SCREEN TIME BALANCED

Technology can be useful for learning, but children also need time away from screens.

Encourage your child to:

- ☐ Take regular screen breaks.
 - ☐ Have screen-free time before bed.
 - ☐ Balance technology with reading and exercise.
 - ☐ Spend time with family and friends.
 - ☐ Keep devices away from the bedroom at bedtime where possible.
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OUR YEAR 6 PRIORITIES

SLEEP • HEALTHY FOOD • WATER • EXERCISE • READING • RELAXATION • POSITIVITY

A healthy routine gives children the foundations they need to learn, grow and succeed.

SATs, INDEPENDENCE & SECONDARY SCHOOL

7. CREATE A POSITIVE HOMEWORK ROUTINE

Regular practice helps children build confidence and remember important skills.

At home:

- ☐ Set a regular time for homework.
- ☐ Provide a quiet place to work.
- ☐ Encourage your child to work independently.
- ☐ Check that homework is completed.
- ☐ Praise effort and perseverance.
- ☐ Encourage your child to ask for help if they are stuck.

 **Remember:**

Little and often is better than last-minute pressure.

8. PREPARE FOR SATs WITHOUT PRESSURE

SATs preparation is an important part of Year 6, but children also need time to **rest, play and enjoy being children.**

You can help by:

- ☐ Encouraging regular reading.
- ☐ Practising times tables regularly.
- ☐ Revisiting key maths facts.
- ☐ Talking about homework and school learning.
- ☐ Encouraging your child to explain how they worked something out.
- ☐ Celebrating improvement rather than focusing only on marks.

 **Helpful things to say:**

“Have a go.”

“Take your time and read the question carefully.”

“Mistakes help us learn.”

“Show me how you worked it out.”

“I’m proud of the effort you are putting in.”

“You can do difficult things!”

9. DEVELOP INDEPENDENCE

One of the most important things we can prepare children for is **becoming more independent**.

Encourage your child to take responsibility for:

- ☐ Getting ready in the morning.
- ☐ Organising their school bag.
- ☐ Remembering homework and equipment.
- ☐ Looking after their belongings.
- ☐ Checking their timetable or daily responsibilities.
- ☐ Completing tasks without constant reminders.
- ☐ Asking for help when they need it.

★ Why is this important?

Secondary school brings **new teachers, classrooms, subjects, routines and responsibilities**.

The more independent children become now, the more confident they can feel when they make the transition.

10. GET READY FOR SECONDARY SCHOOL

Talk positively about the transition and help your child think about the exciting opportunities ahead.

Talk together about:

-  **New friendships**
-  **New subjects**
-  **A new school environment**
-  **Clubs and activities**
-  **Travelling to school**
-  **Working with different teachers**
- ★ **Becoming more independent**

It is completely normal for children to feel **excited and nervous** about starting secondary school.

Listen to their concerns and reassure them that they will have support.



A SIMPLE YEAR 6 ROUTINE

BEFORE SCHOOL

- ☐ Good night's sleep
- ☐ Healthy breakfast
- ☐ Water bottle
- ☐ School uniform and equipment ready

AFTER SCHOOL

- ☐ Healthy snack
- ☐ Time to relax
- ☐ Homework / revision
- ☐ Reading
- ☐ Physical activity or outdoor time

EVENING

- ☐ Family time
 - ☐ Prepare for tomorrow
 - ☐ Limit screens before bed
 - ☐ Calm bedtime routine
 - ☐ Good night's sleep
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THE YEAR 6 MESSAGE

HEALTHY • HAPPY • CONFIDENT • INDEPENDENT • READY

Preparing for SATs is important, but so is preparing children for **life beyond SATs**.

By developing healthy routines, encouraging independence and supporting positive attitudes towards learning, parents can help children become confident learners who are ready for the challenges and opportunities of secondary school.



THANK YOU FOR YOUR SUPPORT