



**An effective plan to help your
child succeed in 2020**

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Introduction

Planning for a successful academic year should start from the first day of school. School can be fun and exciting for most children, but it can get overwhelming. To help alleviate the pressure from your child, you can help them set up a **2020 plan to set achievable goals** for them.

SPARK Schools High School Design and Implementation Strategist Jocelyn Logan-Friend says that you should have a conversation with your child about what success looks for them.

*“ Get your child involved in the plan. Remember that it’s not your plan it’s **their** plan,” she says.*



Laying a solid foundation

In order to create an attainable plan, you have to set goals for yourself. Setting goals is very important, as it will give your child a clear idea of what they want and how they will get there. Once you've set up the plan, do the following:

- 1** Help them to determine what **milestones** they need to reach in order to achieve their long term goal.
- 2** Help your child set up a **home schedule that will support their goals**. This schedule should include routines such as eating, sleeping, homework, and free-time.
- 3** **Speak to your child's teacher** so that they are aware of your child's goals. This is to communicate what they need in order to be successful.

Logan-Friend further explains that it's important to celebrate your child's wins when they've achieved one of their goals. *"If there are setbacks or missed targets, stay positive. Have a conversation about what they can do better next time and how you can help"* she says.



Here's a practical plan you can print out for your child for every quarter/term. Your child can print this out and put it on their bedroom wall or the fridge. This is to help them visualise what success will look like for them and how to get there.

They can use the same format every term. For instance, when the first term is done, they should reflect on what the wins and losses were. Once they've reflected, they will be able to set up new goals. If they've achieved what they wanted in the first term, they can set up new goals for the next term.

My plan for success



Name:

Term:

What is the goal?

How do I reach it?

What could stop me from achieving it?

What is the outcome I want?

Getting in Touch

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