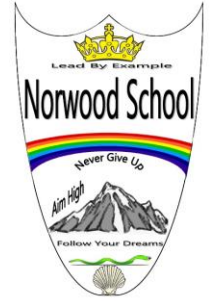


Helping Your Child Prepare for Year 6 SATs



Dear Parents/Carers,

As SATs approach, here are some simple ways you can support your child at home. The focus should always be on encouragement, balance and wellbeing.

Reading

- Read together and talk about what you've read.
- Ask questions like: "Why do you think that happened?" or "How do we know how the character feels?"
- Encourage a wide range of reading: stories, news, magazines, fact books.

Maths

- Practise times tables and number facts regularly.
- Use everyday maths: cooking, telling the time, shopping.
- Try short online games and apps to keep it fun.

Writing & Grammar

- Encourage real-life writing: lists, notes, letters, stories.
- Practise spelling and punctuation together.
- Spot grammar in everyday reading (verbs, adjectives, conjunctions).

Routines & Organisation

- Ensure a good night's sleep and healthy meals.
- Keep practice sessions short and regular—little and often works best.
- Build in breaks and relaxation time.

Confidence & Wellbeing

- Remind your child SATs are just one way of showing learning.
- Praise effort, not just results.
- Listen to their worries and reassure them it's normal to feel nervous.

Practice Papers

- Use practice papers in small chunks, not all at once.
- Go through answers together—focus on what can be learned.
- Celebrate every bit of progress.

Final tip:

The most powerful thing you can do is keep things calm, positive, and balanced. Your child's confidence and wellbeing are just as important as their results.