



$$x^2 - 6x +$$
$$x^2 - 2x + 1 =$$

Family and services

Beginner's guide to

Your family

5.2 Education and health

This activity will help you use the Internet to find out more about your children's education and your family's health.

What will I learn?

- How to find out about what your children are learning at school
- How to use the Internet to help your child's learning
- How to find answers about health issues

-  Use this document with the glossary
-  A helper should take you through this guide

$$x^3 + 2x^2 - 6x + 2 =$$



How do I do it?

Be safe! If you're using this hand-out on a shared or public computer, remember to:

- **Log on using a 'strong password': one that includes upper and lower case letters, numbers, and isn't something that someone else could guess.**
- **Never share or write down your password.**
- **Log out when you're finished.**

The web links referred to throughout this document can be found in the Useful Links section at the end.

How can I find out about what my children are learning at school?

1. You may often have questions about your child's education, from the standard of their school or the subjects they learn, to news about what's happening this term. Whether it's information relevant to every parent or a question unique to your school, the Internet can help you find the answer.



The basics about schools and education

2. The UK Government has set a core national curriculum for children up to the age of 18. It is not compulsory but the vast majority of state schools follow it. Details can be found on the UK Government website from useful links by searching for 'National Curriculum'
3. Responsibility for delivery of the National Curriculum is devolved to regional governments and they have the opportunity to extend it. The best way of finding the curriculum for your region is to search with a search engine – e.g. 'England national curriculum' substituting Wales, Scotland or Northern Ireland as necessary.

Your school

4. It's unusual for a school not to have a website. The amount of information each school puts online can vary, but you may find that your school website can help you keep in touch with what's going on, see what your child has been doing, and communicate with the school:
 - Type the name of your school into a search engine. If it has got a common name, like 'St John's Primary School', put in its location as well.
 - Click on your school's web link and have a look around the site. What does it tell you? What can you do on the site?

How can I use the Internet to help my child's learning?

5. Helping your child to learn is one of the most valuable things you can do. Whether it's to solve a homework problem or find out more about something of interest, the Internet is now a key tool for learning. What's more, there is a wealth of information that can help you help your child:
 - Now explore the BBC web link for primary or secondary help.
 - BT provides educational resources and activities to equip young people, and the people who teach and care for them, with the skills to get the most out of the world around them. Visit the BT Learning and Skills web link and see which activities could help your child.
6. You can also help your children as they search for sites that can help them with homework or projects, and to develop their skills and confidence to use the Internet to answer questions of their own:
 - Help them identify the right search terms to find sites, images and other content that will help them.
 - Help them organise useful sites using bookmarks, folders and documents to store, arrange and prepare their work.
 - Encourage them to use what they find to stimulate their own unique work and not to simply copy or plagiarise content.

How can I find answers about health issues?

7. The Internet can help you stay healthy or, if you are ill, to find out more about what to do. You can enter the name of a health issue, illness or medicine into a search engine to find out more.

8. There are lots of sites that can help you make the right choices for health and wellbeing. They can be a great resource to help you stay healthy:
 - Visit the NHS Live Well web link in the Useful Links section.
 - Browse some of the links to see what advice could help you.
 - Browse the advice by using the A – Z or the category headings.
9. Your GP practice will have its own website, and many offer online services such as repeat prescription ordering, appointment bookings and advice leaflets:
 - Enter your GP practice name and location into a search engine.
 - Browse the site and find out how the site can help you.



If you are searching for information about a health issue, remember to only use sites you can trust – the Internet, especially forums, can be a source of misinformation as well as trusted advice and support. Don't use a web search to replace a consultation with your GP.

My learning checklist

- I know where to look online to find answers to questions about my child's curriculum and learning.
- I can find my school and GP's websites and know how they can help me.
- I can search for information on a health condition that affects me.
- I can find advice on how to make healthy choices.

Top tips

- Search engines like Google now predict what you're typing, based on what other people have searched for in the past. This can speed up your search!
- Type 'help your child with ' into Google and see the options that appear in the box that drops down from the search bar.
- The Internet can be a great source of health advice, but remember that most GPs don't like patients who arrive holding print-outs and then tell the GP what's wrong with them! Use the Internet as a complement to your GP. It can save time for both of you for common niggles, but don't try and diagnose yourself – that's their job, and they are trained for it.

Where next?

- Use the homework tips, plus your other Internet knowledge, to help you child research a topic for school. Help them create folders on your computer to store their bookmarks and documents.
- Next time you feel unwell and are thinking of visiting your GP, check your symptoms using the NHS Direct web link.
- Use a search engine to find other websites that can answer your questions about learning, diet, exercise and health.

Write down any notes that will help you:

Useful Links

You may want to use these links in your session:

UK Government Web Site:

<https://www.gov.uk>

BBC homework tips:

http://www.bbc.co.uk/schools/parents/primary_support

http://www.bbc.co.uk/schools/parents/secondary_support

BT Learning and Skills resources for young people:

<http://www.bt.com/learningandskills>

NHS Live Well:

<http://www.nhs.uk/livewell>

Patient Advice:

<http://www.patient.co.uk>

In association with



Department
for Culture
Media & Sport

**SUPERFAST
BRITAIN**



EUROPEAN UNION
Investing in Your Future
European Regional
Development Fund 2007-13