



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

Beginner handout

www.fastershire.com

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

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Faster broadband for Herefordshire and Gloucestershire

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



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.

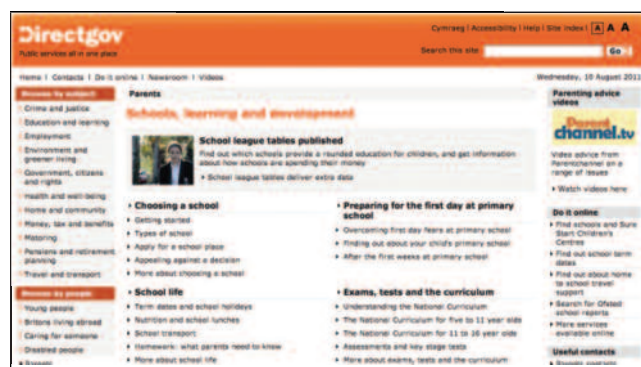
How can I find out about what my children are learning at school?

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 government provides lots of basic information about schools and education. You can also find additional information if you live in Wales, Scotland or Northern Ireland.
3. Go to the Directgov parent's link on schools, learning and development in the Useful Links section (or if you're not in England and Wales, use the other links given – the steps will be slightly different, but you can find similar information):
 - Click on 'Exams, tests and the curriculum' for an overview.
 - Find the right link for your child's age and click to find out more.



Directgov web page: Schools, learning and development

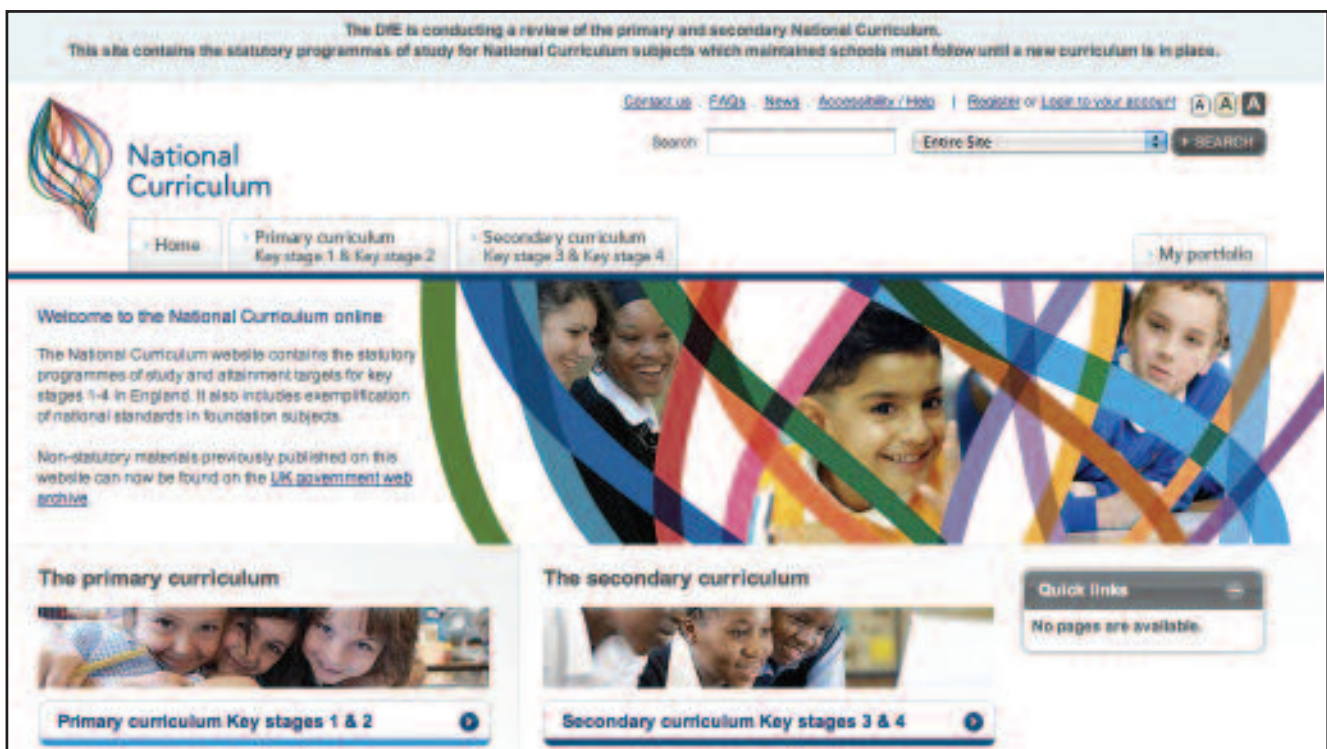
4. Go back to the Schools, learning and development web page:
 - Click on 'Parent-school relationships' and find ways in which you could become more involved in the life of your child's school.

Your child's curriculum

5. Each UK nation has its own curriculum, and you can find the details of these online:
 - Go to a search engine, such as Google. Type the name of your nation and 'curriculum' (eg 'England curriculum') into the search bar.
 - Go to the link for your national curriculum and click on the right age band for your child.
 - Choose a subject you don't know much about and find out more!

Your school

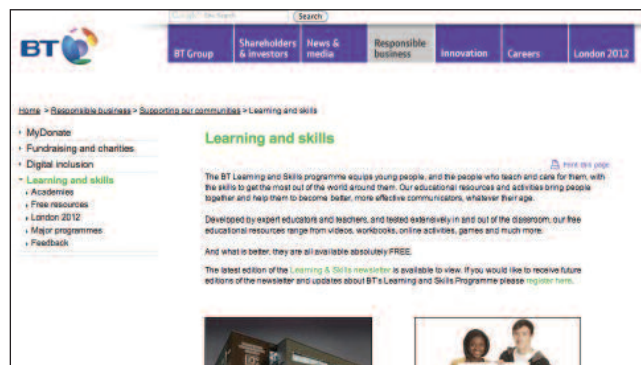
6. It's unusual for a school not to have a website. The amount of information each school puts online can vary, but you may find that your school website can help you keep in touch with what's going on, see what your child has been doing, and communicate with the school:
 - Type the name of your school 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?



The English National curriculum can be found at the QCEA web page above



BBC web page: help with primary homework



BT learning and skills web page

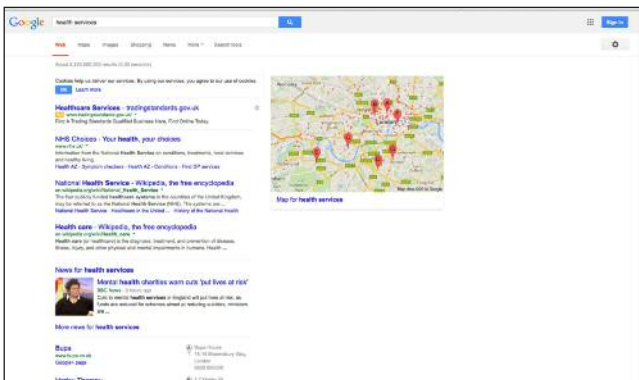
How can I use the Internet to help my child's learning?

7. 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:
 - Go back to the Directgov parent's web link for Schools, learning and development.
 - Find the web link for helping with homework and explore this web page to find out more.
 - 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.

8. 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?

9. 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.



Example of Google search web page

10. 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.
- Scroll down the page and click on a left-hand link that's relevant to you (eg 'Women 40 – 60').
- Browse some of the links to see what advice could help you.
- Visit the Patient Advice web link and click on 'Information Leaflets'.
- Browse the advice by using the A – Z or the category headings.



NHS Live Well web page

11. 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:

Directgov Parents: Schools, learning and development

<http://www.direct.gov.uk/en/Parents/Schoolslearninganddevelopment/index.htm>

Welsh Government Schools:

<http://wales.gov.uk/topics/educationandskills/schoolshome/?lang=en>

Department of Education Northern Ireland:

<http://www.deni.gov.uk>

Scottish Government Parents:

<http://www.scotland.gov.uk/Topics/Education/Schools/Parents>

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>

NHS Direct:

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



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