

Good Advice for Parents – How to Support Your Child's School Life and Well-Being

About the Guide

With this school guide, we as a school want to describe how we can work together to support children's well-being and learning at different grade levels. The guide is based on the school's values, the recommendations from the Well-Being Commission, and teachers' everyday experience. It is meant as a shared foundation for cooperation between school and home. When school and parents work in the same direction, we create the best conditions for children to learn, develop, and be part of strong communities.

Important at All Ages

Some routines are important for all children – regardless of grade level. They create calm, predictability, and security in everyday life, which strengthens both learning and well-being.

A well-stocked pencil case When a student arrives with a pencil case containing the things needed for school, lessons can begin calmly. It gives a good start to the day and a sense of being prepared.

Being on time When all students are in class on time, it creates calm and helps them enter the community from the start of the day. This strengthens both relationships and concentration. This applies both in the morning and after breaks.

Packed lunch and breakfast Children learn and thrive better when they have energy. Breakfast and food during the day give them the strength to participate actively in lessons and in the community. It is therefore important that all students have eaten breakfast before arriving and have food to eat during the day.

Sleep A good night's sleep is important for concentration, mood, and social relationships. Well-rested children find it easier to handle both academic and social challenges.

Participation in school communities When parents and children participate in events such as parent meetings, music cafés, market days, open house and other shared school activities, it strengthens both the class community and cooperation between school and home.



0th–1st Grade

- Be an ambassador for the school and help your child see school as a place where you practice and learn new things – even when it's difficult.
- Support your child in practicing independence in small things like packing their bag and keeping track of their belongings.
- Prioritize playdates and leisure communities so relationships have time to grow.
- Create calm routines around bedtime and screen use. Wait as long as possible before introducing a personal smartphone.
- Talk about feelings as something natural – it's normal to feel happy, unsure, frustrated, or sad.

2nd–3rd Grade

- Show interest in what your child is learning – ask about the process, not just the result.
- Help your child practice perseverance and courage. It's normal to struggle a bit with something new.
- Support good digital habits and be a clear digital role model yourself.
- Encourage participation in leisure activities where your child experiences community and mastery.
- Talk about bodies and differences in a positive and realistic way.

4th–5th Grade

- Support your child in taking responsibility for homework and planning – but be a calm support in the background.
- Talk about friendships, communities, and being a good classmate.
- Help your child handle setbacks constructively – mistakes are part of learning.
- Maintain clear boundaries for screen use and social media.
- Support deep focus – help create time and calm for concentration.

6th–7th Grade

- Talk openly about performance pressure and expectations – what matters most is making an effort and developing.
- Help your child find balance between school, hobbies, and breaks.
- Be curious about your child's digital life and make clear agreements about smartphone and social media use.
- Support stable communities – both in class and in leisure time.
- Talk about body ideals and self-image in a realistic and supportive way.

8th–9th Grade

- Help your child with structure and overview, while also giving space for independence.
- Talk about grades as one part of school life – not as a goal in themselves.
- Support courage and responsibility – even when things don't succeed the first time.
- Maintain dialogue about digital communities, well-being, and online behavior.
- Encourage leisure interests that give energy and meaning alongside school.
- A part-time job can be a valuable experience. It strengthens responsibility, independence, and understanding of community and the workplace. Many young people also find that a job increases motivation and maturity in relation to school.