**HOMEWORK AND PARENTAL INVOLVEMENT POLICY**

**The Boxing Academy’s approach to homework**

The students who come to the Boxing Academy had a negative experience in school and will be out of the habit of studying and achieving. For them and their families, homework can be a source of stress and contribute to arguments at home, as well as adding to their feelings of ambivalence about education. After taking into account all these factors, the Boxing Academy has taken the decision not to set compulsory homework automatically for all students.

Homework has been extensively studied and it is certainly the case that schools whose pupils do homework tend to perform well, but it is less clear that the homework is the reason why they are successful.

What research there is adds weight to the argument that there is a common misconception amongst parents that the setting of large amounts of homework by a school is an indication that the school has high academic standards, which in turn promotes the expectation that the more homework set, the better the school.

Access to the Lexia program is available for all students who request it if they want to undertake meaningful work from home. When our students become more settled and are taking ownership of their education, then subject-specific homework might be given. It will be ‘opt-in’ and generally linked to revision.

**Parental involvement: Home routines that will improve learning**

If we want to improve attitudes, mental and physical health and academic performance, we need to promote the following things:

**1. Early to bed**

Research suggests that children need 10-12 hours of sleep a day to be ready to learn.

**2. Limited screen time**

Including television, phones, video games and computer time, especially an hour before bed time.

**3. Reading**

Reading time every evening, especially with parents.

Planned and focused activities are more beneficial than homework which is not linked with what is being learned in class. Homework should not be used as a punishment or penalty for poor performance.