

HPL Primary Newsletter January 2021



Introduction

Welcome to the first HPL (High Performance Learning) newsletter for this term. Here you will find further ACPs (Advanced Cognitive Performance Characteristics) and VAAs (Values, Attitudes and Attributes), plus some practical ideas to try at home.

The most important development in education in the 21st century is our growing understanding of human capability.

Successful learners are made, not born – and we know how to make them.

'More pupils than we previously thought have the potential to perform at the highest levels...There really is 'Room at the Top' if we systematically nurture more children to get there.' (2010)



ACPs: Meta-Thinking Maryam – Intellectual Confidence

This is 'the ability to articulate personal views based on evidence.'

Encourage your child to practice intellectual confidence.

For example, during this pandemic, we are mostly at home with family members. You can play a game which practices the ACPs of Intellectual Confidence:

The Time Capsule Challenge:

Make a time capsule together that represents life in 2020. It should contain no more than 10 things.

The Memory Challenge:

Choose something that you have to memorise e.g. grocery list, poem or the periodic table. What strategies did you use to memorise it?



VAAs: Hard working Hannah – Practice

This is 'the ability to train and prepare through repetition of the same processes in order to become more proficient.'

Encourage your child to incorporate a routine of daily practice for mastery.

For example, during this pandemic, we are mostly at home with family members. You can play a game which practices the VAAs of Practice:

The Invention Challenge:

Work together, in teams or individually, to invent something new. Pitch your invention to the rest of the family. Choose a winner.

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The Quiz Challenge:

Create a family quiz. Each member of the family chooses a category e.g. Music and writes 5 challenging quiz questions.

Big Question

What do you think your life will be like in the future?

If you could choose a new name for yourself, what would it be, and why?

Inspiration

Play up the Importance of Effort

We feel greater satisfaction when we've achieved something difficult than when we've achieved something easy. Remind your child how good it feels to strive and achieve, and celebrate their success when they've put in effort.

