

# HPL Primary Newsletter April 2021



## Introduction

Welcome to the first HPL (High Performance Learning) newsletter for Term 3. Here you will find further ACPs (Advanced Cognitive Performance Characteristics) and VAAs (Values Attitudes and Attributes) and their definitions. We hope that by giving you this information, you will gain a deeper understanding into the learning taking place at CIS.

## Myth: HPL is just another educational fad:

HPL is not a fad, it is a proven, pedagogy-led model that is based upon research undertaken by Professor Deborah Eyre. Professor Eyre has over 40 years of research experience in the educational field, with a special focus upon developing advanced cognitive performance. She has advised the UK government as well as educators in Hong Kong, Singapore, South Africa and the United States on educational policy. The former director of the National Association for Gifted and Talented Youth, Professor Eyre's research led her to believe that the kind of engaging and challenging education previously considered suitable only for the highest achievers should be accessible to all students. HPL is the culmination of Professor Eyre's lifetime of research, publications and leadership in the field.



## VAAs-Hannah Hard working Hannah- Resilience:



Resilience is the process of adapting well in the face of adversity. It means 'bouncing back' from difficult experiences.

As a parent, please emphasise the importance of resilience.

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



## ACPs: Meta-Thinking Maryam:



There are four ACPs under the meta-thinking heading:

1. **Metacognition:** learners possess a reflective understanding of their own learning process.
2. **Self-regulation:** the ability to monitor, evaluate and self-correct.
3. **Strategy Planning:** independent problem solving and thinking in the right way for a particular task.
4. **Intellectual Confidence:** articulating and defending personal views based on evidence.

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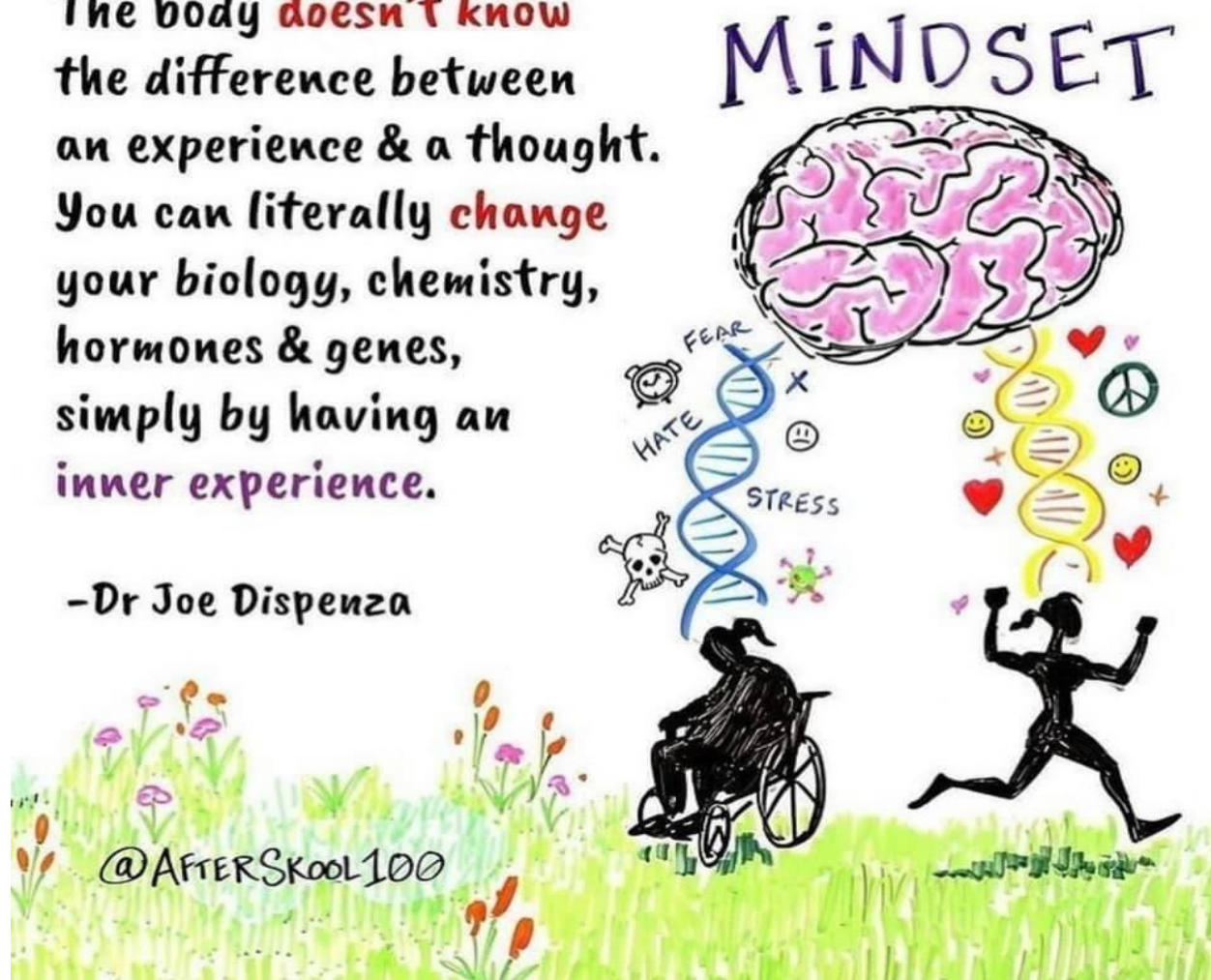


**Examples of meta-thinking in action:** How could I plan to do this? Have I done anything similar before? How did I do this last time? What approach could I use? What do I need to be able to do this? How can I check that I'm on the right track? What do I think and why do I think that?

## Points to Ponder

The body **doesn't know** the difference between an experience & a thought. You can literally **change** your biology, chemistry, hormones & genes, simply by having an **inner experience.**

-Dr Joe Dispenza



## Inspiration

"The brain is more plastic and malleable than we thought. In short, we can make ourselves more intelligent. It takes good schooling; good parenting; and dedication and hard work from students."

**Professor Deborah Eyre; Founder and Chair of High-Performance Learning.**



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Let's Take a Look at HPL Learning in Year 5 and 6...

## Year 5

With HPL, reaching for the stars



### Science - Sundial

I have connected the dots from the ancient times till date, focused on the big ideas, remained open minded and have been creative, playful and use my original idea by displaying my skills in building a sundial in Minecraft.



### MY HPL CONNECTIONS



### Math - Maths Whizz

I was confident, worked hard, optimistic and persevered to achieve my target of more than 1000 minutes in maths whizz.



CAMBRIDGE INTERNATIONAL SCHOOL  
Dubai

Tay Khot  
YR 5-5



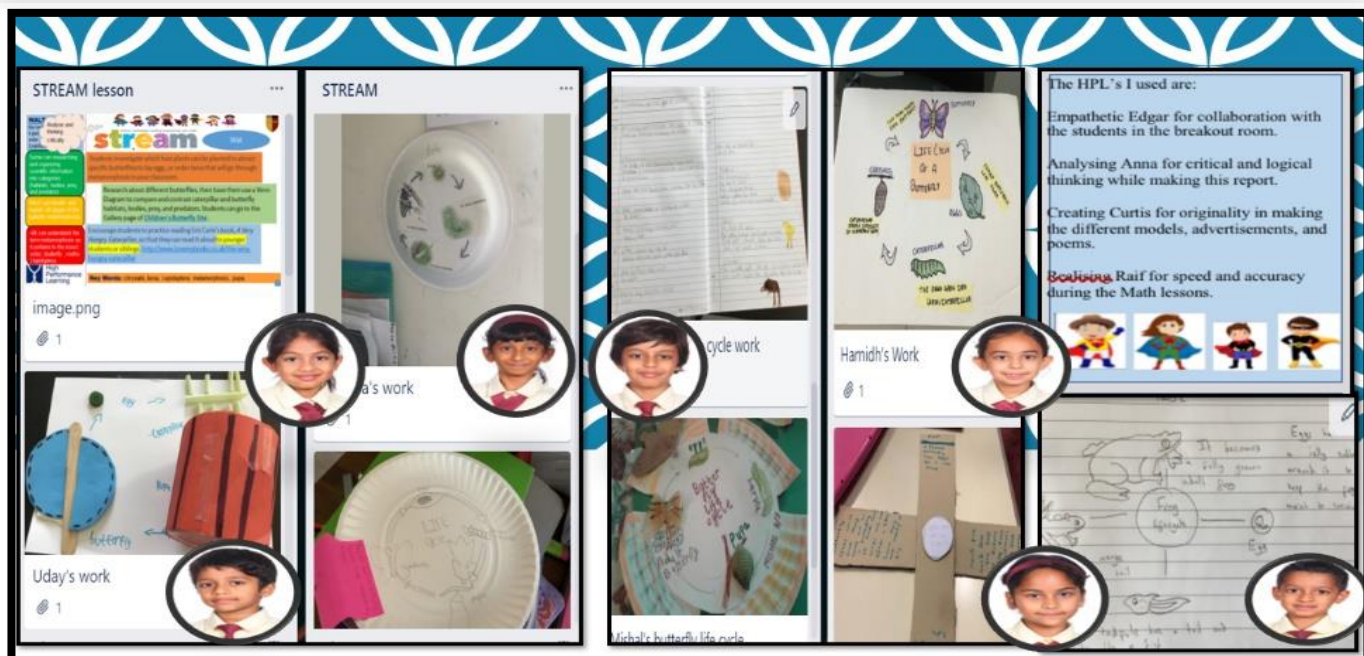
### English and Music- World Book Day

I will work with alternate perspectives by linking English and music, focus on the big ideas by demonstrating my musical talent while reading a story book during World Book Day.



### Art- Videography of collage

By portraying confidence, I have explained my presentation with precision and accuracy. I have also enjoy the challenges and accept the ideas and opinion of my teacher to conceptualize my work.





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**Shoshana Sathyamoorthy**

Shoshana loves to be **playful and creative** with her thinking. She is **flexible** and fluent who doesn't mind to **change ideas for better ones**. Her real talent lies in taking **concrete ideas** and moving into **abstract ideas**. She is a **hard working and self-motivated** learner who **persevere, overcome obstacles, and find alternatives** to solve problems along her learning journey.

## OSHBA MOHAMED ALQEMZI Year 5-4

**Oshba participates actively** in all school activities. She takes pride in her work.

Oshba has **worked hard** to build her skills and achieve her targets. She is able to complete her tasks with maximum **accuracy**.

She **stays focused** and have always **shown positivity and perseverance** in achieving her **goals**.

Oshba has been able to **think critically** by connecting her task to her prior knowledge for effective outcomes.



