

HPL Primary Newsletter March 2021



Introduction

Welcome to the third HPL (High Performance Learning) newsletter for this term. Here you will find further ACPs (Advanced Cognitive Performance Characteristics) and VAAs (Values Attitudes and Attributes) and their definitions.

Eric Ericsson in the book "Peak" talks about 'getting out of your comfort zone' which means trying to do something that you couldn't do before. At times, trying new things is relatively easy and sometimes we take time to be able to do it. Finding a mindset that keeps on trying and persists to overcome the obstacles and achieve success is where HPL characteristics come in. The ACPs of self-regulation and strategy-planning and the VAAs of hard work and perseverance provides children to make the impossible possible. Please check the link on TED Talk <https://www.youtube.com/watch?v=bC0hIK7WGcM> presented by Sparsh Shah who, in spite of having brittle bones, has an unbreakable spirit and never gives up.

The HPL system is a way of thinking, a practical tool that believes that no matter what our situation we can all achieve success. We can't promise children won't fail, however what we can continue to encourage is the grit and resilience to become stronger and see failure as a challenge and as a result equip them with an ability to adapt, evaluate and achieve.



VAAs- Hard Working Hannah- Perseverance:

This is 'the ability to keep going and not give up; face obstacles and difficulties but never give up; persist in effort; work diligently and work systematically; not be satisfied until high quality, appropriate precision and the desired outcome are achieved.'

Have a conversation with your child about one area in their lives where they want to achieve mastery. It can be studies or sports or hobbies or any improvement that they want to make in their lives. How will they improve using the VAAs of perseverance? Even the word 'impossible' says 'I'm possible'.



ACPs: Meta-Thinking Maryam: Self-regulation and Strategy-planning:

This is the ability to monitor, evaluate and self-correct and approach new learning experiences by actively attempting to connect it to existing knowledge or concepts and hence determine an appropriate way to think about the work.

Have a conversation with your child about one area in their lives where they want to achieve mastery. It can be studies or sports or hobbies or any improvement that they want to make in their lives. How will they improve using the ACPs of self-regulation and strategy-planning? Keep a journal recording their progress and celebrate small wins which will lead to bigger wins.

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Points to Ponder

11 Things Kids Want From Parents

- 1. Showing is better than telling** - I learn by watching you.
- 2. Love me** - Give me hugs and kisses. You can't spoil me with those.
- 3. Kind and firm discipline** - My brain is still developing and so I'm slow in learning. But I do want to learn, if you patiently and kindly teach me.
- 4. Be my safe haven** - Always be here for me no matter what.
- 5. Talk with me** - Don't just talk *to* me.
- 6. Hear me** - Sometimes I just want to be heard without judgement or lecture.
- 7. Accept who I am** - Don't constantly compare me to other kids.
- 8. Let me play outside a lot**
- 9. Give me food that is nutritious *and* yummy**
- 10. Trust me** - Let me make my own decisions on non-safety or health related things. I couldn't learn to walk without falling. I can't learn to make good decisions without making bad ones.
- 11. Encourage me** - Your praise means so much to me.

Inspiration

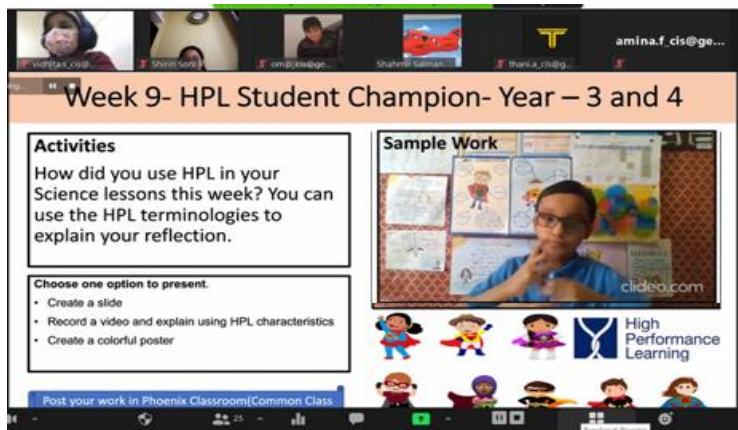
'If you want to perform highly in any subject or sport you need to understand yourself and others'

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

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With HPL, reaching for the stars



MY FAVOURITE CARTOON-SCOOBY DOOBY DOO BY ZAINAB

Scooby Doo and the Gang are always out for a mystery!

The 2 HPL qualities are:

- Innovative-Scooby Doo and the Gang always create innovative and original traps to catch the monsters.
- Connections- The Gang uses past experiences and clues to solve the mystery.



Key points on Hope Probe – Mars Mission

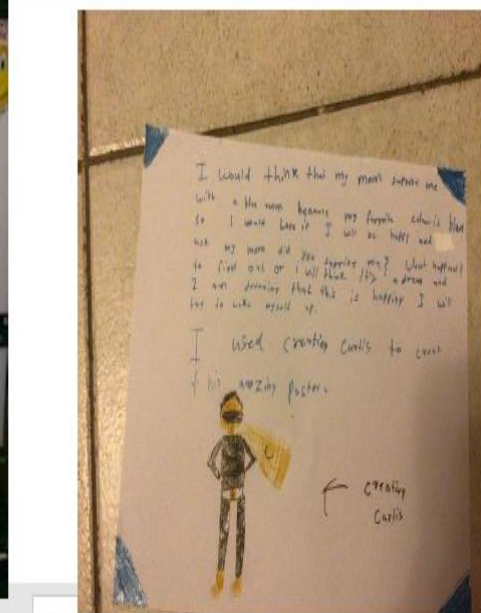
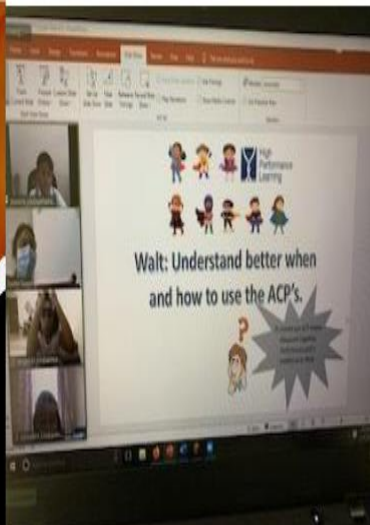
1. Hope Probe is the UAE's first mission to the Red Planet - Mars. It reached the orbit of Mars on 9th February, 2021.
 2. Hope is about as tall as a person and weighs 3,000 pounds. It will capture images of Mars and has a six-foot antenna to communicate with Earth.
- Fun Facts:**
3. Did you know the UAE is the first nation in the Arab world to reach the Red Planet Mars!
 4. 80% of the Mars mission science team are women!
 5. To mark this milestone, all iconic buildings and landmarks in Dubai were lit up in Scarlet red to show solidarity

HPL characters I used – Analysing Anna and Creating Curtis



The HPL Champion Meeting is conducted every Monday and children enthusiastically take part in those meetings. Each class meeting is held by the class HPL Champion and Assistant Champions also get an opportunity to share their great ideas. Together they guide the students on how to enhance their HPL skills and give tips, examples to encourage students to work on their given task for each week. With HPL students feel that they are capable of achieving more and are persistent and resilient

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Question

- You wake up one morning and everything in your room is blue. What has happened? What will you do?
- I would go outside and see if everything outside was blue.
- I would go outside for a walk and see if it was a dream.

HPL I used

I used creating Curtis to be flexible and be fluent. Analyzing Anna to think critically and logical. And I have used meta thinking Maryam to explain confidently.