

# HPL Newsletter - November

FIND OUT HOW YOUR CHILDREN ARE ENGAGING WITH HPL.



High  
Performance  
Learning

## INTRODUCTION.

This is the first HPL (High Performance Learning) newsletter for this term. This newsletter is full of information about how we are using the ACPs (Advanced Cognitive Performance Characteristics) and VAAs (Values, Attitudes and Attributes) at CIS, plus some practical ideas to try at home.

## WE CAN GROW INTELLIGENCE

According to a key breakthrough in our knowledge of the brain in this century, our brain structure and function is not fixed and unchangeable, and not the same irrespective of context or culture. It is, in fact, exquisitely plastic, mouldable by experience throughout our lives. It is also permeable, responding to social attitudes and expectation, as is shown by brain-imaging studies. (Wraga et al 2006; quoted D. Eyre @HPL)

## ACP - CREATING CURTIS - INTELLECTUAL PLAYFULNESS

This is 'the ability to recognise rules and bend them to create valid but new forms.'

Encourage your child to practice intellectual playfulness. For example, during this pandemic we were mostly at home with family members. You can play a game which practices the ACP of Intellectual Playfulness:

**The Art Challenge:**

Each member of the family must draw a self-portrait using only a pen/pencil and paper.

**The Film Challenge:**

Each member of the family chooses a film that you watch together. Give it a mark out of 10 and justify your decision.



## VAA - EMPATHETIC EDGAR - COLLABORATIVE

This is 'the ability to seek out opportunities to receive responses to your work; present your own views and ideas clearly and concisely; listen to the views of others; be willing and able to work in teams; take a variety of roles and be able to evaluate your own ideas and contributions.'

As children follow what we do rather than only what we say, this game involves practicing empathy:

**The Kindness Challenge:**

Each member of the family has to do something kind for the rest of the family.

**The Learning Challenge:**

Each member of the family has to teach everyone in the family something new.

## A BIG QUESTION

'If you were a teacher and could teach your students anything at all, what would you teach them?'

'What if you could travel into the future?

Challenge your children to answer these big questions and explain their ideas.

## INSPIRATION

"The best students are not 'test passers' but well-rounded individuals ready to thrive in life.'  
Professor Deborah Eyre.

At CIS we thrive to enhance our students to be well-rounded individuals. It's even in our mission statement.



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### The formula for success



OUR FOCUS VAA FOR NOVEMBER...



HARDWORKING

Over the month of November the students in Early Years and Primary will be focusing on Hardworking. They will still be accessing and learning about the other skills but will be talking about how to they use the skills below.

Hardworking is made up of three different attributes:

- **Deliberate Practice:** The ability to train and repeat the same processes in order to become proficient
- **Resilience:** The ability to overcome setbacks; remain confident, focused, flexible and optimistic; help others to move forward in the face of adversity
- **Perseverance:** The ability to keep going; to encounter obstacles and difficulties but never give up.

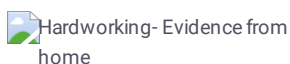
When thinking about hardworking we need to need to introduce the idea that hard work trumps ability and that we all have it in ourselves to do well if we don't give up. At home talk to your children about how we all find things difficult at times but we need to keep on trying to overcome this. These skills will ensure that your children are ready to tackle anything that life has to offer in our ever changing world.

Try using some of these at home:

- Its 1% inspiration 99% perspiration. (Edison)
- It takes 10,000 hours to make an expert (Daniel Levitin)
- When the going gets tough the tough get going (anon)

## IS YOUR CHILD USING THE SKILLS OF HARDWORKING ALREADY?

Share a short (1 minute or less) video on our padlet of your child talking about when they have deliberately practiced something or have shown resilience or perseverance.



Hardworking- Evidence from ho...

padlet.com