

# HPL Newsletter October 2020



## Introduction

This is the first HPL (High Performance Learning) Newsletter for this term. The High Performance Learning Theory suggests that all students are capable of achieving high levels of academic performance. This was once seen achievable by only a few. We can systematically teach children how to be 'intelligent' and how to 'succeed' in school and in life. There are 20 generic characteristics which students need to develop if they are to be high performers in the cognitive domains (ACPs) and 10 Values, Attitudes and Attributes (VAAs) that develop the wider learner habits for a lifetime of success. In this newsletter you will find information about the ACPs and VAAs, plus some practical ideas to try at home over the mid-term break.

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### ACP – Linking Liam - Seeing Alternative Perspectives

This is 'the ability to take on views of others and deal with complexity and ambiguity'.

Encourage your child to see alternative viewpoints.

For example: During this pandemic there are some people who refuse to wear masks. Ask your child, "Why do they think like that?" and, "What do you think they might be thinking?" We can also apply this line of thinking in various real-life situations.

Talk about your own emotions. Label your own emotions to your child throughout the day. Talk about why you feel that way. If you have negative emotions, talk about what would make you feel better.

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### VAA – Agile Anita - Open - Minded

This is 'the ability to take on objective view of different ideas and beliefs; become more receptive to other ideas and beliefs, based on the arguments of others; change ideas should there be compelling evidence to do so'.

Try to model this yourself by questioning your own viewpoints. Ask your children, "Do you think you would think differently if (... you lived on another continent/... you were over 60 etc.)? and "What might someone who disagreed with you say?"

Ask your child how they would feel if they were in the other person's situation. For example, if another child takes a toy away from your child, ask them, "How would you feel if Johnny took your favourite toy away from you?" Help your child identify the emotion they would feel and then explain that the other child feels the same way.

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## Big Questions

"If you had one super power what would it be and what good thing would you with that super power?"

"What if animals could talk? What would they say to us?"

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## Inspiration

"You are, after all, your child's first and longest-serving teacher. Make it part of your day-to-day life."

Professor Deborah Eyre