

Simply

THE BEST

BARKING ABBEY
PARENTAL NEWSLETTER 4

Parental involvement is consistently associated with pupils' success at school

Your Role Matters...

Where does excellence come from?

For a long time, it was thought that the answer hinged, in large part, upon talent, the question of talent versus practice/experience influences the way we think:

- "I can't do it" • "I'm stuck" • "I can't be bothered"
- "It's too hard" • "I'm not clever enough" • "He's a boff, I'm not"
- "Can I do something easier?" • "What's the point in showing me that, I'll never be able to do it"

Every 2 weeks your child is introduced to a **BEST Learning Habit** at school, please ensure that you:

1. **Explain what it means**
2. **Show your child how to model the behaviour**
3. Offer plenty of examples of how other members of the family have modelled the behaviour

(Please use the resource for tips to help you, or find out more from:

<http://www.barkingabbeyschool.co.uk/assets/Uploads/Documents/The-Best-Learning-Habits-for-Parental-guidance.pdf>

In his book, "[Peak: Secrets From the New Science of Expertise](#), Ericsson's findings from the past three decades suggest that **deliberate practice** is the key to achieving high levels of performance in any field. This involves stepping outside your comfort zone and trying activities beyond your current ability. Repeating a skill you have already mastered might be satisfying, but it is not enough to help you get better. The **BA WAY** believes that cultivating a deliberate practice mindset is the best way to prepare for a lifetime of effective learning.

Here is our fortnightly learning habit and some tips to guide you:

Practising

Performing an activity or exercise regularly in order to improve at it/Mastering a skill through repetition/Focusing in on all of the difficult aspects and targeting your practice at these bits.

Behaviours that you can develop:

- Spend time perfecting a skill/piece of learning
- Repeatedly practising something you find difficult
- Monitoring how a piece of learning is going reviewing where you have got to
- Knowing what areas you need to improve in and coming up with practical ways to make progress.
- Pushing yourself in your practice to master the difficult bits

Top Tips

Students

- Plan time to revise and practice before assessments and performances.
- Use your growth mind-set strategies
- Make a quiz to help you in your learning
- Make flash cards to help you in your learning
- Meet BA'S expectations of time spent on

Parents

- If you know that your child has a test/exam coming up, ensure they have a quiet place to revise and support their learning by testing them.
- Listen to your son/daughter playing his/her instrument, reading aloud or watch them practising a sport's technique.
- Talk to your child about what makes effective practice.

Remember

What is rewarded is repeated

“Attitude Determines Altitude” was adopted by NASA’s education programme

Of course, it’s not rocket science...except, in this case, it is! Aim too low – or get the attitude wrong – and you’ll crash and burn. Get the angle of ascent right, ignite the thrusters, and you’ll go into orbit!!!!



The general principles of deliberate practice can be applied in any area at any point in one’s life:

Maintaining an intense focus,

Staying on the edge of one’s comfort zone,

Getting immediate feedback,

Identifying weak points and developing practice techniques designed specifically to address those weaknesses.

