

High Performance Learning at GFS

Dear Parents,

Welcome to the second edition of our parent HPL newsletter. In this edition we are updating you with what has been taking place in school. Over the past month various groups have been meeting to discuss a very important word in HPL: **Hardworking**. For the next 4 weeks, Hardworking is the behaviour VAA (Value Attitudes Attributes) we are focusing in our class rooms for the next 4 weeks. All of our teachers are busy developing hardworking practice across the school and to help all learners know what it means to be hardworking. The GFS Steering Group, consisting of a range of experienced leaders from across the school, have been doing this for a few weeks already, so we give you a peek of what this looks like as well in this edition. So, let's learn a little more about this interesting facet of High Performance Learning



So, what is Hardworking in HPL?

We all want our children to be 'Hardworking', right? But how do they actually achieve this effectively? Simply saying to your child "Work, harder..." won't cut it when it comes to HPL, so let's break down how we at GFS are doing this in our class rooms. The important behaviour is broken down into three essential components and each one is very important to understand in the context of applying yourself to completing a task;

Deliberate Practice - The ability to train and prepare through repetition of the same processes in order to become more proficient, but ensuring that the practice builds competence by becoming increasingly challenging

Perseverance - The ability to keep going and not give up; face obstacles and difficulties; persist in effort; work diligently and work systematically; not be satisfied until high quality, appropriate precision and the desired outcome is achieved.

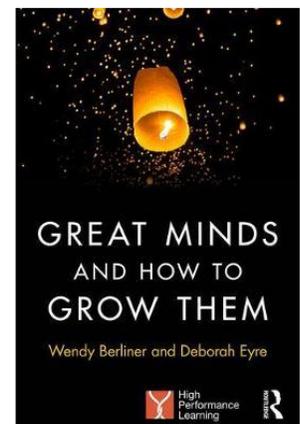
Resilience - This is the ability to overcome setbacks; remain confident, focused, flexible and optimistic; help others to move forward in the face of adversity. Not giving up is key to becoming a high performing learner, which makes this an extremely im-

At home: Encourage your child to practise a skill at home and develop a reward system to demonstrate that you value their hard work and efforts. What tasks can you provide that would support this?

HPL Parent Workshops: Time to get learning, Mum and Dad!

Coming soon will be a number of High Performance Learning parent workshops. These had been collaboratively planned with our GFPA; however we have had to postpone these due to recent communications in line with the precautionary measures around Covid 19. We will announce the dates of the parent sessions as soon as we receive further guidance from the KHDA. However; that does not need to stop all of you mums and dads out there! Professor Deborah Eyre has written an HPL book for parents as well, called 'Great Minds and How to grow Them' which is written specifically for parents. The link below will take you to the High Performance Learning website where you can order a copy of this great book for yourself and become a hardworking parent!

<https://www.highperformancelearning.co.uk/about-us/information-for-parents>



GFPA Steering Group

In December 2019, the GFPA, began working collaboratively with the school to ensure that High Performance Learning was introduced to our wider parent community effectively. Afterward, we want everyone to be involved in this important journey, so the GFPA are a very important group who work closely with us in developing our strategy. They are excited to be part of the steering group and are looking forward to meeting with you all during the workshops.

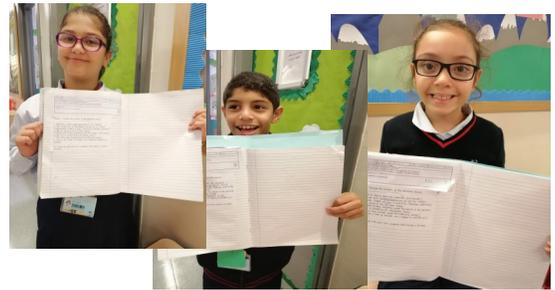
Hardworking in action at GFS



During break times in the art department, students enjoy focusing on developing their iGCSE coursework. The ongoing deliberate practice of techniques, use of different media combined with resilience to continually improve their work is helping them to develop and extend their learning past the expectations of their teachers



In Year 4, students challenge themselves and, with a lot of hard work and perseverance, regularly accomplish the “succeed” task, which they thought it was above their abilities. The achieve task is set to challenge learners during the lesson and, since talking more about what being a ‘Hardworking Learner’ means, they are finding themselves achieving so much more. Encouragement and a drive to be successful are motivating them. They did it not because it was easy, but because they believed in themselves and worked hard.



In assemblies across the school, learners have been introduced to the ‘Power Of Yet’. The teachers shared the main ideas of HPL with them, mainly talking about how there is endless possibilities to their learning. This was demonstrated in a practical manner, showing the children that there is always more they can do, if they are given the opportunity.

The ‘Power of Yet’ is an insightful piece of work that was completed by the educationalist, Carol Dweck. It is all about how we can ‘lift the ceiling’ from our learning and continue to set our sights for the highest possible standards. You are encouraged to click the link below, watch the video and consider how you engage and interact with your children at home when they turn to you and say **“but Mum, Dad... I can’t do that!”**

<https://www.youtube.com/watch?v=J-swZaKN2Ic>



Matthew Burfield
Principal/CEO/Founders Brand and School Group Leader