

Top tips to support your child through Year 8 and beyond- Developing Effective Habits

Impact of Marginal Gains

Implementing ideas such as Marginal Gains is a great way to make progress and to do it over a sustained period of time.

Originally designed to help the UK Olympic cycling team and it focused on making small improvements which would each add 1% efficiency at each stage- e.g. changing water filters, washing hands for longer, having specialised pillows. Each little improvement contributed in a very small way to improving the success of the team. Eventually they were the most successful team at the 2012 Olympics and won 12 medals, including 8 golds.

Improving by 1 percent isn't particularly notable —sometimes it isn't even noticeable—but it can be far more meaningful, especially in the long run. The difference a tiny improvement can make over time is astounding. If you can get 1 percent better each day for one year, you'll end up thirty-seven times better by the time you're done

This could include small changes, e.g. spending 10 minutes less a day on social media, watching a couple of GCSEPod videos each evening, Going through your lesson notes the day of a lesson, creating a flashcard for each lesson etc

THE DIFFERENCE BETWEEN IMPROVING AND REGRESSING BY 1 PERCENT EVERY DAY FOR 1 YEAR

$$1.01^{365} = 37.8$$

$$0.99^{365} = 0.03$$

The importance of embedding effective habits:

“Getting one percent better everyday counts for a lot in the long-run”

How can you help your child and prepare them to perform?

- 1- **Being a role model-** Set a good example by modelling the behaviour you want your child to adopt...
 - ✓ Planning for the week
 - ✓ Eating healthily and well
 - ✓ Keeping hydrated
 - ✓ Leading an active life
 - ✓ Staying calm
 - ✓ Being organised
 - ✓ Good sleep habits

How to plan for your home learning

- Every week homework is schedule to go live on Monday morning.
- This means that each week you can sit down Monday after-school and plan the week ahead in terms of what homework you have and when you will complete this.
- This will help embed good organisational and study skills which will prove valuable as you move up the school.
- If you need help with this, you can go to Inspire at lunchtime.

| Home Learning Weekly Timetable | | | | | | | Date |
|--------------------------------|------------|------------|------------|------------|------------|----------|--------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 8:55-9:25 | Tutor Time | Tutor Time | Tutor Time | Tutor Time | Tutor Time | | |
| 9:25-10:25 | Lesson | Lesson | Lesson | Lesson | Lesson | | |
| 10:25-11:25 | Lesson | Lesson | Lesson | Lesson | Lesson | | |
| 11:25-11:45 | Break | Break | Break | Break | Break | | |
| 11:45-12:45 | Lesson | Lesson | Lesson | Lesson | Lesson | | |
| 12:45-1:30 | Lunch | Lunch | Lunch | Lunch | Lunch | | |
| 1:30-2:30 | Lesson | Lesson | Lesson | Lesson | Lesson | | |
| 2:30-3:30 | Lesson | Lesson | Lesson | Lesson | Lesson | | |
| 3:30-4:05 | | | | | | | |
| 4:45-5:15 | | | | | | | |
| 5:15-5:45 | | | | | | | |
| 5:45-6:15 | | | | | | | |
| 6:15-6:45 | | | | | | | |
| 6:45-7:15 | | | | | | | |
| 7:15-8:45 | | | | | | | |

Any lessons which need coordinating with teachers:

- 2- **Goal Setting-** Encourage them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall. Help focus them and talk to them about their goals regularly. Give positive reinforcement. Connect with them about ‘why’ and ‘what’ they want to achieve

- 3- **Keeping Active-** Encourage them to keep active on a daily basis. Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day. Plan to do active things together on a weekend. Go out for a walk together and get some fresh air. Help them plan out their weekly exercise schedule in advance. After exercise your brain functions well, so encourage a revision session afterwards

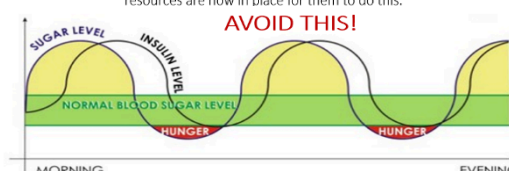
Getting organised- Google Classrooms

- We have now embedded Google Classrooms again this year to support your child in every class they take.
- Teachers are **uploading all lessons** (within 24hrs of them taking place), homework and revision materials directly to their classroom.
- We are all asking all teachers to upload additional resources and independent study work to Google Classrooms for pupils to access to deepen their knowledge and understanding
- This is great if your child misses a class because of illness or another reason. The expectation is that they **MUST catch up on the missed work**. All the resources are now in place for them to do this.



Google Classroom

- 4- **Healthy Eating-** Plan your family meals for the week – breakfast, snacks, lunches and evening meals. Carry out a weekly food shop and make sure you write a list. Avoid high sugary and

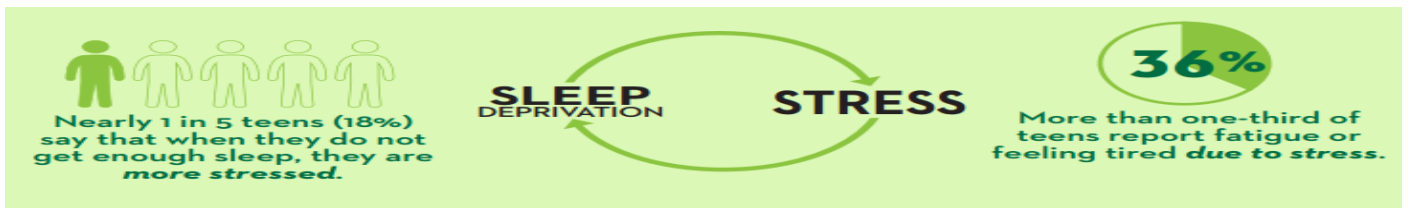


Excess insulin triggers sugar craving

Your blood sugar and energy levels should be

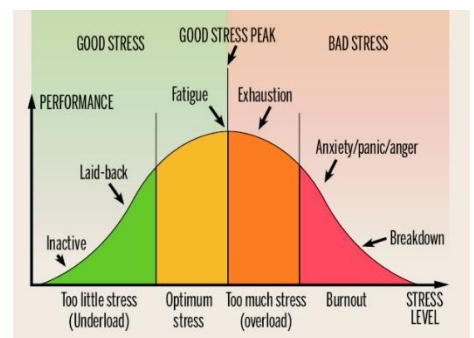
fatty foods or drinks. Aim to eat clean, fresh and healthy foods. Have a couple or 'treat' meals / or meals out per week. Encourage them to eat breakfast every day. Hydration is key to brain functioning so make sure your child carries a bottle of water with them

- 5- **Time out-** Encourage them to build in opportunities to take some time out every week, away from study. For example, Going out for food, Seeing friends, Listening to music, Reading a book, Doing a hobby, Going shopping, Going to the cinema.
- 6- **Sleep patterns-** Young people need between 8 – 9 hours sleep per night. Help your child create a relaxing evening routine. Make sure they don't eat too late at night. Avoid giving them caffeine or sugary drinks late at night. Make sure they don't work or revise too late before going to bed. Encourage them to switch off from social media / technology at least an hour before bedtime

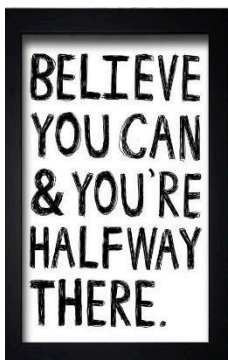


7- **Unplugging-** Encourage them to unplug from technology every day. Help them switch off from technology at least 30 mins- 1 hr before going to sleep. Support your child to appreciate the world around them rather than being governed by their phone. Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework. Help them learn to have the control to not be obsessed with their phone. Choose some time each day/week to switch off and unplug from technology with them

8- **Staying cool and calm-** Set a good example by staying calm yourself. Create a relaxing environment for your child. Help them plan out coping strategies to deal with their stress. Give them positive distractions away from studying. Help them understand their stress & to focus on controlling the controllable. Promote a balance of their academic studies & other activities during the week



9- **Belief-** Give them positive reinforcement. Boost their confidence daily. Celebrate any successes and reward them e.g. if they have achieved their mini-goals. Try not to set your expectations too high. Show them how proud of them you are. Highlight things to make them feel good. Give them the belief in themselves to help them achieve



10 **Be supportive-** Be a good listener. Be approachable. Encourage them to take breaks in between revision. Show some understanding of what they are going through. Help them deal with their emotions & feelings. Offer caring advice. Just be there for them!