

# Head's Bulletin



Thursday 16th January 2020

Wk 2: Wk Commencing 20th January

## Term Dates

2019/20

### Term 3

Mon 6th Jan—Fri

14th Feb

INSET day 3: 14th

Feb

### Term 4

Mon 24th Feb—Fri

3rd April

### Term 5

Tues 21st April —

Fri 22nd May

### Term 6

Mon 1st June —Fri

17th July

## How to Remember



If you have ever walked into a room and wondered why you went there, then firstly you are not alone, and secondly, this issue is a phenomenon recognised by Cognitive Psychologists. You may have heard of a 'learning curve', but did you know that there is also a Forgetting Curve? It describes the decline of your memory after a learning experience. Apparently, as soon as you learn something, you forget nearly 50% of it and the memory is likely to disappear completely if you never re-visit it.

Happily, it has also been discovered that you can intercept The Forgetting Curve and in fact, your memory is potentially limitless. This year teachers are focusing on learning strategies associated with memory in planning lessons, such as Spacing, Retrieval Practice and Concrete Examples.

**Spacing:** Spreading out your learning over time, instead of last minute cramming

**Retrieval Practice:** Putting away your notes and trying to remember without prompting

**Concrete Examples:** Using analogies to help remember a difficult idea or process

Parents and carers of younger students can support their child by getting them to think of something they need to improve at (e.g. times tables or vocabulary) and complete just five minutes extra on it a day. It has been proven that regular short bursts on a topic is a much more effective technique than spending hours on it in one go. GCSE and A Level students can be supported by parents/carers encouraging them to close their books and try to recall as much as they can, e.g. as a 'brain dump' or by answering questions verbally. Even if they do not fully know the answer, the struggle to try will strengthen the pathway to the memory and will pay off long term.

The book "Understanding How We Learn" by Yana Weinstein, Megan Sumeracki and Oliver Caviglioli explains these concepts in depth and their website [www.learningscientists.org](http://www.learningscientists.org) has advice for both parents and students.

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## Key Dates Term 3

### **Wed 22nd Jan**

Antigone MAT trip to  
University of Bristol

Yr 7 STEM day

### **Thurs 23rd Jan**

Yr 11 Prep for Success  
Core event, 6pm

### **Fri 24th Jan**

Yr 11 Photography Day

### **Thurs 30th Jan**

Year 9 Subject Evening

### **Fri 31 Jan**

Non School Uniform  
Day

## **Parent View**

As we move into the second half of the academic year it would be very helpful if you could provide parental feedback by completing the OFSTED ParentView short survey about Nailsea School.

Please use this link: <https://parentview.ofsted.gov.uk/login?destinaton=give-your-views>

Thank you to parents who have already completed the survey, your feedback is much appreciated.

As a reminder if any parent would like to pass on their views in person Open Door Parent Clinics are held most Wednesday afternoons during term time for parents to speak directly with Mrs Elliott.

These are held from 3:30pm until 5:30pm and can be booked through contacting reception on 01275 852251.



## **Exam Contingency Day 2020**

Exam boards have published that this year's exam contingency date is 24 June 2019.

This date will be used if a significant, unexpected event arises nationally or locally during the exam period such that no students (or a large number of them) are able to take an exam when planned.

Of course, we all hope there will not be such disruption and that the contingency day will not be needed. However, students should be available throughout the exam period, including on that day, in case their planned timetable is disrupted.

It is important that parents of students in Years 11 and 13 do not book holidays at this time.



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