

Castlehead High School

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Children's Service

Three Wishes

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Dear Parent / Carer

Last session again saw Castlehead with pupils achieving record results. We want to continue to build on this success and aim even higher. For the school we want to build on our successful practice, to build on what we do well and to look at what more we can do to have a positive impact on our pupils.

Research shows that the more you know about what your child is doing and how they are doing the better, they will perform in their National qualifications– nearly a grade more per subject

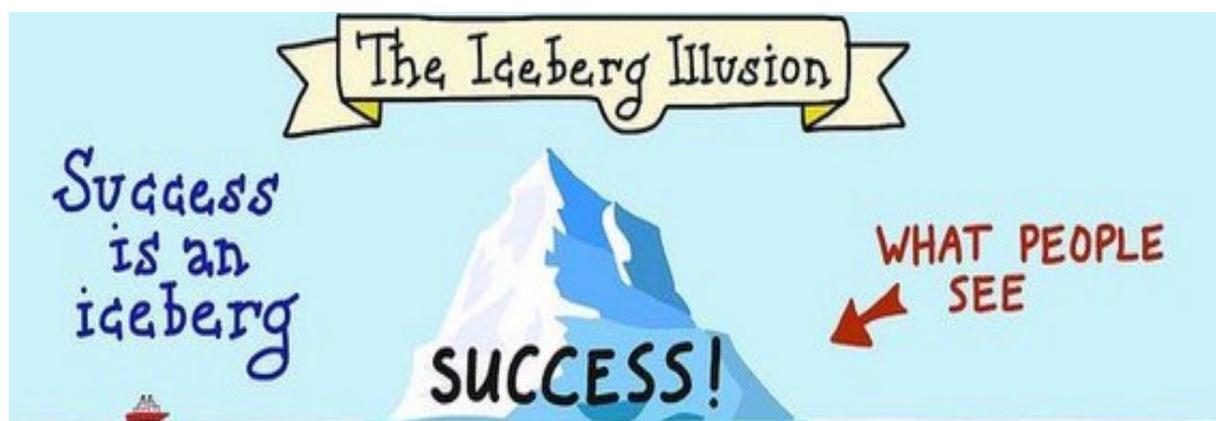
We want to ensure that you have all the information you need concerning prelims, study skills and your own child's progress that will allow you to have a positive impact on their results.

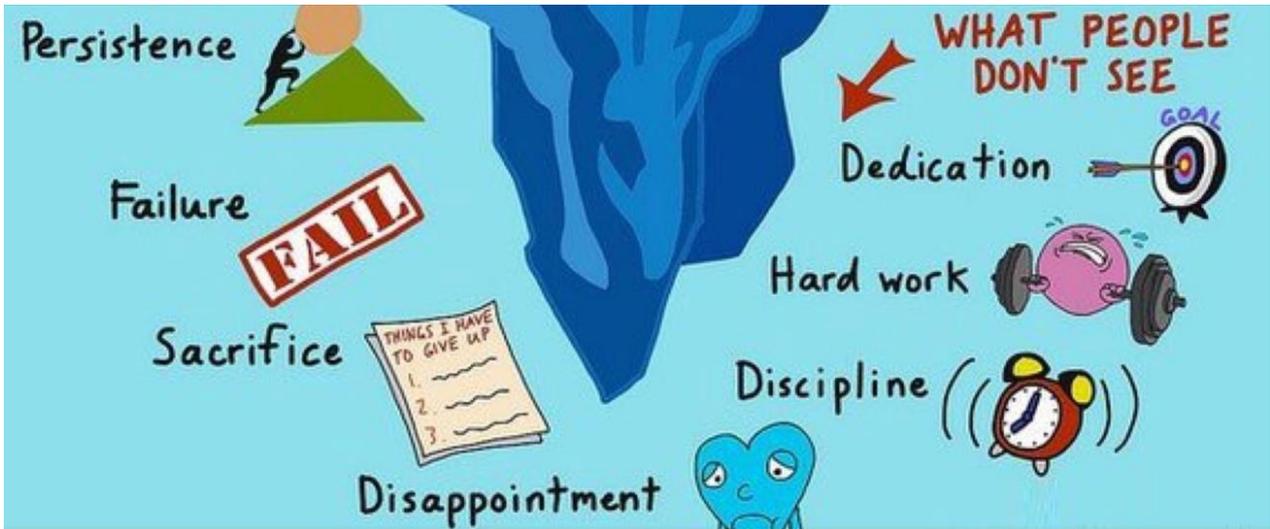
Every single pupil will have work that they have to prepare for whether they are sitting National 4 qualifications or National 5. There is coursework, folios, models, portfolios, listening exams etc. All to be completed depending on the courses your child is studying. A strong performance in these is of great advantage and can have a big impact on the final qualifications your child gains.

If I had three wishes for each pupil, they would be that each of them has a growth mind-set, that they have ambition and sense of purpose and for each of them that their attendance is over 95%.

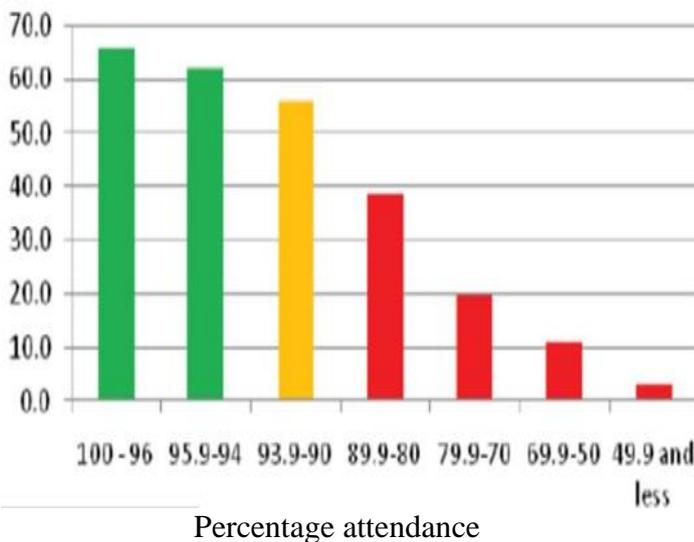
I believe that if our pupils have a positive mind-set that if they believe in themselves, that if they have the confidence to succeed then they will have greatly improved their chance of succeeding

A growth mind set means that a pupil will accept challenges, will not give up, will learn from mistakes, will show resilience, and will persist when things become challenging. These are the characteristics and behaviours will help your child to succeed. The iceberg illusion illustrates this. On the surface, you see success but below the water, you find effort, hard work, persistence, commitment, learning from mistakes and self-discipline.





Very good attendance will give your child more chance of success in their exams. The graph below shows that as attendance decreases the chance of achieving five National 5's decreases. The two go hand in hand.



Practice exams are scheduled to begin on the sixth of December and will run to the 14th. These exams offer the chance to practice, to learn from mistakes to experience a full exam and the chance to learn how to prepare properly.

I can not over stress the importance for your child in preparing as well as they can for these practice exams. If exams are cancelled again this session these practice exams will carry great weight in determining your child's final grade.

As we move towards these exams departments will be offering supported study and I would urge you to encourage your child to attend.

We have chosen to partner with Live-N-Learn. Our goal is to inspire young people to achieve their potential, raise aspirations & achievement, build confidence & resilience and to encourage them to take personal responsibility.

Using the web site

[Live-N-Learn: Home](https://live-n-learn.co.uk)

<https://live-n-learn.co.uk>

you can access information and advice on how you can best support you child

Using the passcode **SP2021** you will find a series of short videos

 <p>Introduction</p> <p>This is a short intro to our team and what we have included in your new 'Significant 6' programme. (07:11 mins)</p> <p>Video...</p>	 <p>1. Prioritisation</p> <p>Time is our most precious & valuable resource. Prioritising & being organised is vital, this clip is about planning our time effectively. (06:53 mins)</p> <p>Video...</p>	 <p>2. Attitude</p> <p>A look at how our attitude (mindset) is the biggest influencer of all on achieving our true potential. (10:35 mins)</p> <p>Video...</p>	 <p>3. Study Strategies</p> <p>Effective revision, such as our 4 step study process, can help to understand and memorise information. (06:29 mins)</p> <p>Video...</p>
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 <p>4. Marginal Gains</p> <p>Join the 1% club, learn the importance of improving in small increments as success is rarely instantaneous! (07:12 mins)</p> <p>Video...</p>	 <p>5. Feedback</p> <p>Taking criticism can be hard. When you realise you are not perfect you have nothing to lose by trying. Practice makes progress! (04:49 mins)</p> <p>Video...</p>	 <p>6. Resilience Plan</p> <p>Showing grit in tough times is hard, resilience planning might help find some solutions to the challenges you face. (05:06 mins)</p> <p>Video...</p>
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The first quick clip is a one-minute intro, followed by video links taking you through our 'Significant 6' programme which aims to provide some practical tips and strategies.

The exam period can be a stressful time for your child, and it is important that they always look after their wellbeing but particularly over this period. Please find below some advice from expert Nicola Morgan, an award-winning writer for teenagers and who the author of 'Blame my Brain' is and 'The Teenage Guide to Stress'.

Make Your Brain **FLOURISH**

F - Food: learn which foods fuel our brains best; don't go hungry

L - Liquid: make sure you drink enough water and avoid fizzy drinks

O - Oxygen: exercise (even a quick walk) pushes more oxygen round your brain

U - Use: use all areas of your brain by doing lots of different activities

R - Relaxation: your brain will work best if you have frequent breaks and relax properly

I - Interest: keep your brain interested by not spending too long on the same thing

S - Sleep: learn how to get a good sleep and you will feel happier and work better

H - Happiness: laughter is great brain medicine: have you had your daily dose?

Help for schools, parents and young people:
www.nicolamorgan.com

I hope that you have found this information useful and I look forward to working with you in aiming to ensure the best possible outcomes for you child.

Kind Regards